

**Swan**  
Windows & Conservatories Ltd

Your Local Company • 10 Years Insurance Backed Guarantee  
25 Years Experience • Free Quotations  
Swan Industrial Estate, Gutteridge Street, Banbury  
T: 01295 272279 F: 01295 278310  
www.swanwindowsandconservatories.com  
ALL WINDOWS MANUFACTURED IN BANBURY

**Banbury**  
**CAKE**

*Headlong Extensions*  
FANTASTIC SUMMER OFFER  
...You'd be mad to miss it!

**18" EURO HAIR EXTENSIONS £86**  
Includes application. Expires 3rd September.

YOU COULD ADD ANOTHER 2" FOR ONLY £10  
*This is just too good to be missed*

8 George Street, Banbury, Oxfordshire OX16 5BH  
real hair extensions, no glue, no clips  
any length, any colour, any style

01295 267553  
07908 242257

**AUGUST 11, 2011** **banburycake.co.uk** **Price where sold, 25p**

Final phase of Chiltern's £250m project will slash journey times to London

# Breaking the hour barrier

A NEW timetable bringing Banbury within one hour's travelling time from London will be launched by Chiltern Railways next month. The rail operator is due to start its final phase of work

**By Sam McGregor**

on the track between Banbury and London Marylebone next week, which will cut the journey times to the capital by 19

minutes. As part of a £250m package of enhancements, including a proposed second rail link between Oxford and London, via Bicester, the rail firm is upgrading its main line between London, Bicester, Banbury and Birmingham to allow trains to run at up to 100mph and cut journey times by up to 20 per cent.

It will take 51 minutes from Banbury to London Marylebone instead of the current 1hr 10 min.

The move has been welcomed across the town.

Town, district and county councillor Kieron Mallon said: "I think Banbury is extremely fortunate in having one of the best railway companies running through our town.

"Being just 50 minutes away from London will be extremely beneficial to the town, not only commuters but for leisure and commerce.

"We must not forget also this will mean closer links to Birmingham as well."

Chairman of Banbury Chamber of Commerce, Claire Kingsbury, said: "It makes us much more competitive to live in terms of housing prices and also there's an opportunity for companies based in London to have another branch or office here.

"It works both ways, going out of London and commuting into London."

An intensive two-week programme of work will start on Monday and the new timetable will be launched on September 5.



**Karen Bowden, customer service manager north for Chiltern Railways, with some publicity material about line closures for engineering work**

As a result, passengers are being warned to check their travel plans carefully, because trains serving Oxfordshire stations will be diverted or replaced by buses.

Karen Bowden, Chiltern's customer service manager north, said: "August was chosen as it's the quietest period of the year in terms of passenger numbers. We hope that we will be inconveniencing the least number of people possible."

The alterations to services will mean that from Monday until Friday, Chiltern trains from Banbury and Kings Sutton will run to Didcot Parkway, for connections with First Great Western services to and from London Paddington. These changes will also apply from Monday, August 22, until Friday, August 26.

This weekend and next weekend, buses will replace trains at times. When trains are operating, they will use London Paddington station, not Marylebone.

For more details view [chilternrailways.co.uk](http://chilternrailways.co.uk) or call 08456 005165.



9 771745 366003

# BUZZARDS

Your local independent digital information centre.



**Panasonic**  
ideas for life

**Full HD 3D LED TV**  
available in 32" or 37"

**5 year guarantee**  
**free delivery**  
**and installation\***

\* terms and conditions apply



**16 Parsons Street, Banbury,**  
**Oxfordshire OX16 5LY**  
**Tel: (01295) 250036**

**SHEAR BEAUTY**  
HAIR STUDIO & SHOP

**1 1/2 price hair colour**  
at Shear Beauty

From Monday 15th - Wednesday 31st August 2011  
**Book your appointment now!**

<b>BANBURY</b> Castle Quay Shopping Centre In Castle Mail next to Druckers Tel: 01295 709836	<b>BASINGSTOKE</b> Festival Place Shopping Centre Upper Mail next to Debenhams Tel: 01256 811522	<b>WOKING</b> The Peacocks Centre Middle Concourse near Debenhams Tel: 01483 730150
---	---	--

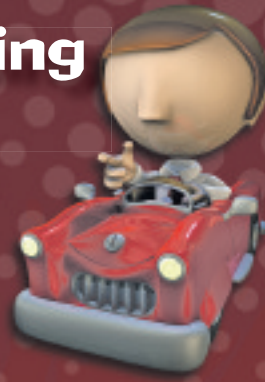
Other applies to bookings between Monday 15th - Wednesday 31st August 2011 and appointments are subject to availability. This offer is available on colour services only and is not available on any other service including cutting, perming or finishing etc. This offer cannot be used in conjunction with any other sales promotion or discount. Shear Beauty reserves the right to correct any printing or illustration's errors.



# BANBURY Servicing Guide

- SERVICING • MOT • VALET
- SEASONAL HEALTHCHECKS
- EMERGENCY REPAIR
- SPARE PARTS

Sponsored by:



**ChipsAway**

Scratches and scuffs won't dent your wallet

Quality, mobile car paintwork repairs at a fraction of body shop costs

Call Nikki, David and Edward on  
**0800 028 7878** | [www.chipsaway.co.uk](http://www.chipsaway.co.uk)

**£20 OFF**  
when you book your repair on the day of estimate

**FREE MOT or Air Con Service\***

\*Free MOT or air conditioning service when you book a full service

- Latest diagnostic equipment
- Fully equipped workshop
- Genuine OE spec parts available
- Air Con diagnosis and repair
- All work guaranteed and fully insured

Save up to 50% off main dealer costs  
Collection and delivery available  
Courtesy car subject to availability  
Main dealer trained with combined 30 years experience

**Servicing on all makes and models available**  
Independent Mercedes and BMW Specialists

**Brackley Prestige**

Call us today on 01280 706123 or 07881 598758  
Unit 8b Boundary Road, Buckingham Road,  
Industrial Estate, Brackley, NN13 7ES

**BMARC**  
BANBURY MOT AND AUTO REPAIR CENTRE

**Book Your MOT Now!**

**MOT ONLY £29**

Servicing With  
**UP TO 50% OFF**  
Dealer Prices

**FREE RE-TEST IF NEEDED**

**01295 264 797**  
**OPEN UNTIL 10pm Thursdays**  
[www.motbanbury.co.uk](http://www.motbanbury.co.uk)

**CAR AIR CONDITIONING**

**Full service and regas**

from **£59.95**

**Banbury Air Conditioning**

Banbury: 01295 388705  
Brackley: 01280 308272

**ROB DAWSON**  
**MOBILE MECHANIC**

Service & Repairs  
All makes of car and light commercials  
At your home or place of work  
Pre Mot Checks

Tel: **01295 253515**  
**07549 125281**

**MUCH MORE THAN JUST MOT'S**

MOT Testing Centre • Expert Mechanical Repairs & Servicing  
All Makes of Car & Light Commercial • Brakes, Clutches Etc  
Competitive Rates • First Class Service • Tyres & Wheel Balancing

**Banbury MOT & Service Centre**  
Telephone **01295 700050**  
Unit 1 • Mead Park • Thorpe Mead  
Thorpe Way Industrial Estate  
Banbury • Oxon • OX16 4RZ

**S.K. Auto Repairs**

SERVICE, REPAIRS,  
TYRES & MOT TESTING  
6 DAYS A WEEK

Find us at **the Good Garage Scheme**

Vehicles Collected & Delivered Within A 10 Mile Radius  
Unit 6, Manor Farm Buildings, Mollington Lane,  
Shotteswell, Oxfordshire OX17 1HZ

T: 01295 738300 | M: 07769 565114 | E: [stewartkeene@aol.com](mailto:stewartkeene@aol.com)

**DJK TYRES**

Tel: **01295 263821**  
All types of brake work undertaken.  
Prices starting from as little as £25 for a set of front pads

**Oil Change from £30**  
**Interim Service from £70**  
**Interim Service + MOT from £100**  
**Full Service from £130**  
**Full Service + MOT from £160**

**FREE Air Conditioning**  
Debug with every  
**FULL SERVICE**  
Only applies to the vehicle being serviced on presentation of this voucher

**No hidden prices what you see is what you pay per tyre (all inclusive - valve, balance, fitting and VAT).**

**Be there when they need you!**

The easier it is for the public to find you - the easier it is for you to gain new business

Advertise in your local newspaper!

This space could be yours...  
call **01295 256111** and ask about this servicing guide

To advertise  
in this weekly  
Service  
Guide  
please call  
**Sami on**  
**01295**  
**256111**

## Death of former councillor Tribute to a town's passionate campaigner

By Tom Jennings

THE partner of a Chipping Norton community campaigner who died suddenly, has spoken of his "indescribable" loss. Gerry Alcock, who was 73, died on Sunday of last week following a stroke.

His friends and family paid tribute to his passion for Chipping Norton and his "wonderful" quick wit.

Mr Alcock spent eight years on Chipping Norton Town Council, before standing down at May's elections.

He campaigned for youth facilities in the town and for Chipping Norton Hospital and had lived in the area for 26 years.

The pensioner also set up and ran [chippingnorton.net](http://chippingnorton.net), which was a forum for news and information about the town.

His partner of 42 years, Luigi Gennari, said: "He would do anything for anyone. If any of his friends were in difficulty he would be the first to get up and help."

"He also had a great ability to turn you around to agree with him, even if you did not at the beginning."

He added: "The loss is indescribable. There are a lot of people in the town who will greatly miss him."

Mr Alcock's friend, Keith



Gerry Alcock

Greenwall, said: "If you read the forum you would come to the conclusion that Gerry was anti everything."

"In fact, he was just the opposite. He believed in Chipping Norton and was massively involved in the town."

Chipping Norton mayor Chris Butterworth said: "It is a shock to the town."

**No 1** For gifts in Banbury  
An extensive selection for the ones you love!



**FIFTH CORNER**  
Church Lane, Banbury  
Tel: 01295 266531





## £1,000 boost for hospice

A BANBURY gym helped raise more than £1,000 for a hospice as part of its birthday celebrations.

Gymphobics of Banbury celebrated its third birthday with a party at General Foods Social Club, with the help of 175 staff, members and friends. During the night a raffle raised £1,075 for Katharine House hospice, based in Adderbury.

Prizes up for grabs included gym memberships, a Champagne dinner, a meal out, cut and blow dry and vouchers.

Manager Tracey Gilbert said: "After a short speech from Sue Lane, of Katharine House, and a presentation honouring the longest-standing gym members by Gymphobics founder Donna Hubbard, the party began with excellent music from live band Jinx, and Steve from Sentinel Disco Road show kept the dance floor alive all night.

"The evening was a huge success. Many thanks go to Kraft, Tesco, Cutting Edge, Appearances and Rugrats & Half Pints for donating raffle prizes."



Gymphobics founder Donna Hubbard, with the microphone, gets the party started

## News in brief

A 22-year-old woman from Chipping Norton has died in hospital following an accident involving three cars on July 21. The woman was driving a silver Daihatsu Cuore along Burford Road, in Chipping Norton, when the crash happened. She was a cut from the car and airlifted to the John Radcliffe Hospital in Oxford. She died in hospital on Wednesday of last week. An inquest will be opened.

**TWO men have been jailed for possessing weapons.** Grant Trusler, of School View, Banbury, was sentenced to 18 months in prison at Oxford Crown Court on Friday, while co-defendant Aaron French, of Howard Road, Banbury, was given 12 months. Nineteen-year-old Trusler had earlier been convicted by jurors of possessing an imitation firearm, affray and having an offensive weapon, namely a baseball bat. French, 20, had earlier been convicted of affray. The incident took place in Banbury on October 29.

**FIREFIGHTERS** were called to tackle a blaze after a car was set alight. Fire crews were called to the incident in Waterworks Road, off Grimsbury Green, shortly after midnight on Monday. The car was destroyed. Police are investigating.

# Route is saved after bus firm goes under

A BUS route serving a number of villages north of Banbury has been saved after its former operator ceased trading suddenly.

Geoff Amos Coaches, which operated the hourly GA01 and GA02 Great Central Connexion route, linking Banbury with Daventry and Rugby, called in insolvency experts when it was unable to pay staff wages on Friday.

Taking advantage of an enforced detour, due to the closure of the A361 between Waddington and Banbury for flood defence work, the bus route had been diverted since March on a trial basis at the suggestion of Cropredy district councillor Ken Attack, giving Williamscoth, Cropredy and the Bourtons an hourly link with Banbury.

Geoff Amos Coaches had been pleased with the results and was in talks to make the new route permanent.

By William Crossley

When the firm ceased operating on Friday, residents feared they could lose out but Stagecoach has stepped in at the request of Oxfordshire, Northamptonshire and Warwickshire county councils to operate the service for the time being.

Mr Attack said: "I was pleased when Amos said they would divert the service and then when they said they would make it permanent.

"It was a bit of shock when I got the news on Friday. I was feeling quite down until I heard that Stagecoach had agreed to pick up the route."

Stagecoach Oxfordshire spokesman Chris Child said: "We were asked by the councils to step in and help. We're running a like-for-like service on the existing

timetable at the moment.

"It's still too early to determine the long-term future. A replacement timetable may emerge when we've had a chance to look at the service and see how it fits in with our operations."

Geoff Amos Coaches, based in Daventry, was formed in 1954 and was run until last week by Brian Amos and Shirley Smith, the son and daughter of its founder. As well as the bus route serving Banbury, it

ran a number of school bus services.

Twenty-five staff have lost their jobs as a result of the closure.

Ian Cooke, of Business Recovery and Insolvency, said: "We were called in when it became clear that the firm would be unable to pay the wages and meet other liabilities last week.

"Agents have been instructed to deal with a sale of the company assets."

A spokesman for

Northamptonshire County Council said: "Permanent replacement services will be announced in due course.

"The council will endeavour, as far as possible, to ensure that a timetable offering a similar level of service is offered, in partnership with other commercial operators.

"We regret the inconvenience suffered by passengers and are pleased that a restoration of service has been agreed."

## där lighting factory shop

Wildmere Industrial Estate  
BANBURY OX16 1XX

Open Monday Saturday  
9.30am 5.30pm  
Closed Sundays and  
Bank Holiday Mondays.

TEL 01295 672248  
FAX 01295 272003

EMAIL  
shop@darlighting.co.uk



## BUZZARDS

Your local independent digital information centre.

**Panasonic**  
ideas for life

A Full Range of  
**HD 3D LED TV's**

5 Year Guarantee  
FREE Delivery & Installation on some models



get set for digital ✓



16 Parson Street, Banbury, Oxfordshire, OX16 5LY  
Tel: (01295) 250036

**20% OFF**  
WITH THIS VOUCHER  
EXcludes sale or  
already reduced  
items  
EXP 30 OCT 2011



## Hurt or Injured?

Claim compensation NOW!



Road  
Accidents



Work  
Accidents



Other  
Accidents



Call QualitySolicitors now to make your claim

0808 1182045

www.qsclaims.com/accident



## Bands battle for contest title

COVENTRY band Third Company won the Oxfordshire Battle of the Bands final.

The band beat competition from three other bands, Zero hour, Riot House from Oxford, and Banbury-based White Heather, who had also made it to the final.

Held at the Wheatsheaf pub, George Street, Banbury, for the second year running, more than 200 people turned out to watch the climax of the competition.

Landlady Lan Xi said: "It was a brilliant night and very worthwhile to do this to support young talent."

A total of 30 bands from across four counties took part in the contest.



Members of the winning band, Daryl King, Wayne and Liam Turland, are pictured with presenter Olly Carvell and Ben Godfrey, from The Wheatsheaf

# Hi-tech phones ring the changes at council

By Oliver Evans

ADVANCES in mobile phone technology have seen Oxfordshire County Council's bill for the devices more than double in two years.

The authority said the advent of more expensive devices such as BlackBerries – which access the Internet and email – had led to the increase.

Its £47,309 three-month bill for

July to September 2008 had risen to £122,751 in the same three months in 2010. Its latest bill, for January to March, was £119,377.

Some 3,270 employees out of 6,650 have mobiles, information obtained under the Freedom of Information Act shows.

Four employees have iPhones and 611 staff and 21 councillors have BlackBerries. Council spokesman Paul Smith said workers, such as those in fire and rescue, highway and trading standards departments, needed mobiles.

He said: "The advent of devices such as BlackBerries has seen costs rise but has assisted staff in

being able to access emails while on the move. This allows staff to work more quickly and, as a result, helps them and the council be more responsive."

Emma Boon, of the TaxPayers' Alliance said: "With budgets tight, it's areas of spending like this where there are opportunities to drive down costs and save taxpayers' money."



## Coach Tours & Excursions 2011

www.jeffstravel.com | info@jeffstravel.com

Open Monday, Tuesday, Thursday, Friday 9.30am - 4.30pm • Saturday - 9.30am - 1pm Wednesday Closed  
53B PARSONS STREET, BANBURY, OXON OX16 5NB TEL: 01295 269494 FAX: 01295 272118

### HOLIDAYS AND SHORT BREAKS

### DAYS OUT



**NORTHUMBRIAN TREASURES**  
SUNDAY 11TH SEPTEMBER  
5 NIGHTS HALF BOARD STAYING AT THE VICTORIA HOTEL BANBURY WITH EXCURSIONS INCLUDING LINDISFARNE (HOLY ISLAND), ALNWICK CASTLE, WARKWORTH AND MORPETH  
FROM JUST £449



**JERSEY BY SEA**  
MON 12TH SEPTEMBER 2011  
6 DAYS HALF BOARD STAYING AT THE FABULOUS AND EVER POPULAR MERTON HOTEL IN ST SAVIOUR - THE PERFECT PLACE FOR AN UNFORGETTABLE STAY  
FROM JUST £455



**SNOWDONIA**  
MONDAY 26TH SEPTEMBER  
4 NIGHTS HALF BOARD STAYING AT THE LION HOTEL CRICCIETH WITH VISITS TO BETWYS-Y-COED, LLANDUDNO AND JOURNIES ON THE FFESTINIOG & TALYLLN RAILWAY INCLUDED.  
FROM JUST £299

**SAT 20TH AUGUST**  
**LIVERPOOL**  
AD: £26  
CH/OAP: £25.50

**SAT 3RD SEPTEMBER**  
**HEARTBEAT STEAM RAILWAY**  
AD: £44.50  
CH/OAP: £41.50

**SAT 24TH SEPTEMBER**  
**PEAK DISTRICT**  
AD: £24 CH/OAP: £23.50

**SUNDAY 16TH OCTOBER**  
**DUXFORD AUTUMN AIR SHOW**  
AD: £42.50  
CH: £32.50 OAP: £41.50



**ISLE OF MAN**  
WEDNESDAY 5TH OCTOBER  
4 NIGHTS HALF BOARD STAYING AT THE CHESTERHOUSE HOTEL, DOUGLAS WITH A VISIT TO LAXEY VILLAGE, RAMSEY & PEEL AND CREAGNEASH  
FROM JUST £325



**FALMOUTH**  
FRIDAY 14TH OCTOBER  
THREE NIGHTS STAYING AT THE FALMOUTH BEACH RESORT HOTEL WITH VIEWS ACROSS THE BEAUTIFUL BAY. EXCURSIONS TO TRURO AND ST IVES INCLUDED.  
FROM JUST £219



**BLACKPOOL**  
MONDAY 17TH OCTOBER  
FOUR NIGHTS HALF BOARD STAYING AT THE EVER POPULAR QUEENS HOTEL WITH EXCURSIONS TO BOWNESS - ON-WINDERMERE AND AN EVENING RUN THROUGH THE ILLUMINATIONS INCLUDED.  
FROM JUST £255

**WEDNESDAY 17TH AUGUST**  
**LONDON**  
AD: £14.50 CH/OAP: £13.50

**MONDAY 22ND AUGUST**  
**CHESTER**  
AD: £19  
CH/OAP: £18

**TUESDAY 23RD AUGUST**  
**STRATFORD UPON AVON**  
AD: £8.50  
CH/OAP: £7.50

**WEDNESDAY 31TH AUGUST**  
**BARRY ISLAND**  
AD: £19 CH/OAP: £18

FOR A FULL LIST OF DAYS OUT 2011 PLEASE CALL 01295 269494



**DRAYTON MANOR PARK**  
FRIDAY 26TH AUGUST 2011  
AD: £31 OAP: £27  
CH: £16 (AGE 2/3 YRS)



**BBC TOUR INC WESTFIELD SHOPPING CENTRE**  
SATURDAY 10TH SEPTEMBER 2011  
ONLY £32.50



**SHREK THE MUSICAL**  
AT THE DRURY LANE THEATRE, LONDON  
THURSDAY 8TH DECEMBER  
JUST £59.50



**JERSEY BOYS AT PRINCE EDWARD THEATRE, LONDON**  
WEDNESDAY 14TH DECEMBER  
JUST £55



**GHOST THE MUSICAL**  
AT PICADILLY THEATRE, LONDON  
WEDNESDAY 14TH DECEMBER  
JUST £64.50



**ANTON DU BEKE'S CHRISTMAS CRACKER**  
AT THE ROYAL ALBERT HALL LONDON  
TUESDAY 20TH DECEMBER  
JUST £44.50



## Authors back charity literary festival

TOP writers are supporting a literary festival at Broughton Castle, near Banbury, organised by the charity First Story, which sends authors into "challenging" secondary schools for creative writing workshops. A schools festival day at the castle will host Frank Coterrell Boyce, Meg Rosoff, Mark

Haddon, Philip Pullman and others in workshops with 700 students.

The charity hopes to fund the schools day with two evening talks. Michael Morpurgo will talk on September 22 about his book *War Horse*, which became a blockbuster play, and the next day David Nicholls will talk about *One*

*Day*, made into a film with Anne Hathaway.

Both talks are at 7pm at Broughton Castle. Tickets at £25, which include drinks and canapés, are available from Jaffé & Neale Bookshop, Chipping Norton or online at [www.firststory.co.uk/festival](http://www.firststory.co.uk/festival).



Banbury mayor Alastair Milne-Home joins forces with Hannah McGregor to open the new room

Picture: Four Shires Magazine

# Suspended sentence after Gumtree site scam Tickets trickster escapes prison

A TRICKSTER, who sold £5,000 worth of non-existent festival tickets online, has escaped being jailed.

Sean Stevens offered tickets to music events, including the Isle of Wight Festival, on the Gumtree website and took buyers' money without ever having the tickets.

The 24-year-old was given a suspended jail term at Oxford Crown Court last Friday after earlier admitting six counts of fraud and asking for 16 similar offences to be taken into consideration.

In total, Stevens, of Cleveley Road, Enstone, conned music fans out of £4,980 between May and September last year.

Only 15 months ago he was given a community order after admitting another seven counts of fraud relating to similar scams.

Jennifer Edwards, prosecuting, said: "Effectively each of the offences and those taken into consideration involve the same type of wrongdoing. He falsely, offered tickets for sale on the Gumtree website that he never had."

By Thom Airs

Miss Edwards said Stevens, who also has previous convictions for battery and disorderly behaviour, was arrested in January and made "full and frank admissions" in police interviews.

She added: "Nobody got their tickets, there were no tickets to be had from this gentleman, but some of them got some money back."

Judge Tom Corrie, who said he was satisfied that £590 had been paid back by Stevens, did not order a costs or compensation

requirement as he said the defendant had no money available.

Jessica Russell-Mitra, defending, said of the offending: "It was indicative of the period he was going through. An 18-month period of what appears to be quite significant depression."

"He felt he could only live short-term. All he could see in front of him was his debts."

She added: "At the time he was taking recreational cocaine. He didn't feel there was anything else for him to do with his life."

Miss Russell-Mitra said Stevens, who left school at

16, had since gained entry to an undergraduate course to study journalism.

Judge Corrie said Stevens' dishonesty had caused "a number of people distress and inconvenience" and added: "It's time you grew up and took responsibility for yourself."

He said the defendant "should go to prison immediately" but added: "I have just, on the balance, been persuaded not to send you to prison now."

Stevens was given a four-month jail term, suspended for two years. He was also handed a 12-month supervision order.



Sean Stevens

*Complete*  
**A BATHROOM**

**SPECIAL OFFER**

- Luxury Branded Bathroom Suite
- Quality Chrome Taps & Wastes
- Power Shower
- Toughened Glass Bath/Shower Screen
- 5mtr sq Ceramic Wall Tiles
- Bathroom Carpet
- Ceramic Accessories & FREE bathroom scales

Bathroom Reflections is second to none in Bathroom design & installation, from a simple shower to a full re fit, including wet rooms, cubicles, walk in baths, vanity furniture, tiling, flooring and just about anything else you can think of to make your bathroom the envy of your friends.

All installations are completed to the highest standards by our own experienced fitters,

**A ROOM TO BE PROUD OF**

**All Fully Fitted for only £2,380**

Why not arrange your **FREE** quotation TODAY Tel. 01295 253167

**IT'S NOT TOO LATE TO BOOK YOUR GREAT VALUE SUMMER HOLIDAY TO JERSEY FLYING FROM OXFORD - BUT IT WILL BE SOON !**

**Only 2 dates left with a handful of seats to sell:**

**20<sup>th</sup> August - 7 nights, from £415 - half-board\***

**17<sup>th</sup> September - 4 nights, from £287 - half-board\*\***

**Don't miss out on our last few remaining holidays for the 2011 season. Call Great Experience Travel now on 08444 119359 or go online to [www.greatexperiencetravel.co.uk](http://www.greatexperiencetravel.co.uk) for more information**

*Great Experience Travel*

\*Based on return flights to/from Oxford, twin share at the Runnymede Hotel on a half-board basis, including airport transfers;  
\*\*Based on flight from Oxford, with return flight to Southampton, with a complimentary coach service back to Oxford, twin share at the Runnymede Hotel on a half-board basis, including airport transfers.

6-7 Waterloo Walk, High Street, Witney, OX28 6EU  
Tel: 08444 119359 Mob: 07766 406759  
E-mail: [greatexperiencetravel@tarsc.net](mailto:greatexperiencetravel@tarsc.net)  
[www.greatexperiencetravel.co.uk](http://www.greatexperiencetravel.co.uk)

*C. Welsh & Son*

**Home Improvements & Property Maintenance**

*Windows	*Decking
*Conservatories	*Patios
*Porches	*Driveways
*Fascias & Soffits	*Extensions

**ALL WORK GUARANTEED REFERENCES AVAILABLE**

**For a Free No Obligation Quotation**  
Call 07922 519478  
Evenings & Weekends  
01295 750861



**gateway**  
homes

**SELL YOUR  
PROPERTY  
TODAY!**

 AS SEEN ON  
TV

- ✓ Immediate cash offer
- ✓ No fees & legal fees paid
- ✓ Any condition, any location
- ✓ Completion date to suit you
- ✓ Established 10 years
- ✓ Available 24/7

**FREEPHONE:  
0808 118 2420**

**Text: GATEWAY  
to 80360**

**www.sell2gw.co.uk**

Text charged at your standard network tariff.

# Revealed: County's top camera

By Thom Airs

THE county's most prolific speed camera has been revealed, four months after the devices were switched back on.

Cameras were turned off last August after Oxfordshire County Council said it would not stump up £600,000 a year to finance them.

But the sites were reactivated on April 1 after police agreed to foot the bill.

Now figures obtained under the Freedom of Information Act show where motorists are most susceptible to being flashed.

The location with the highest number of speeding motorists is Worcester Road in Chipping Norton, with 1,020 fixed penalty notices dished out in June, the most recent month for which figures are available.

Chipping Norton Mayor Chris Butterworth said: "The reason is the change

in the speed limit. It used to be a 40mph zone and now it's down to 30mph.

"Initially people were getting away with it but presumably that interim time has passed and it's getting everyone.

"The residents of Worcester Road still say there are large numbers of cars and lorries zooming along that road at all times of the day and night. We are all for acting to stop speeding within the town."

He added: "The other thing which may be a contributory factor is the camera is at the bottom of a dip, so your speed increases in any case."

In second place is High Street in Bloxham with 229 offences recorded in June, followed by Buckingham

Road in Bicester, which caught 212 speeding drivers.

The top three in May was Botley Road in Oxford (569 speeders), Oxford's Banbury Road, near Lovelace Square (444), and Worcester Road in Chipping Norton.

Overall, 4,962 speeders were caught on camera in Oxfordshire in April, falling to 3,375 in May and down again to 2,561 in June.

In 2010, the April figure was 1,976, the May tally was 1,193 and 1,841 tickets were dished out in June of that year.

Chief Inspector Gill Wootton, of Thames Valley Roads Policing said: "These figures would suggest there may be have been a change in drivers' behaviour between the time the speed cameras were switched off last year and April when they were turned back on.

"However, the number of

drivers being caught speeding by the cameras has declined month-on-month since they were switched back on.

"Thames Valley Police maintains that speed cameras are one of a number of important road safety tools which help to reduce the risk of serious injury and fatal collisions and their reactivation encourages drivers to think about the speed they are driving, therefore helping to improve road safety."



## ADVERTISEMENT FEATURE

**SIX** OF THE BEST!

LOVE A GREAT NIGHT OUT!

**£12 PER PERSON**  
(ANY RACE NIGHT WITH A MINIMUM PARTY SIZE OF 10 PEOPLE)

1 **ADMISSION**

2 **RACE PROGRAMME**

3 **Pink & Glistening Smoothie Ice or Popcorn Cuts**

4 **TRACKSIDE MEAL**

5 **TOTE BET**

6 **UP TO 50% OFF**

**BOOK ONLINE BEFORE THE END OF AUGUST AND RECEIVE AN EXTRA FREE DRINK**

PLEASE QUOTE 'BC'

**LOVE THE DOGS**

**LOVE THE VALUE... PACK**

**www.lovethe dogs.co.uk**

**OXFORD GREYHOUND STADIUM**  
SANDY LANE, COWLEY, OXFORD OX4 6LJ. TEL: 0870 840 8903  
**RACING EVERY THURSDAY AND SATURDAY**

www.gamblers.co.uk Follow us on Facebook Twitter www.drinkaware.co.uk

## Discover the 6 Pack offer now with even more added value!

**Oxford Greyhound Stadium** launched their new look 6 Pack deal earlier this year and it has become a popular favourite with visitors to the track.

To celebrate its success, Oxford Stadium is offering an **extra free drink** to those booking online before the end of August.

The super value 6 pack is perfect for groups of 10 or more and includes admission, race programme, drink plus an extra drink when booked online before the end of August, trackside meal, £2 tote bet and up to 50% off a return visit – all for just a staggering £12 per person.

Whether you're celebrating a birthday, having a hen or stag party, organising an office party or corporate events, the 6 Pack is a deal definitely not to be missed.

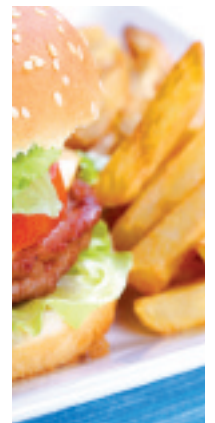
Enjoy the thrill of the races from trackside and celebrate in style with friends, family or colleagues as you cheer your dog over the finish line.

Oxford stadium also offers amazing panoramic views of

the races from their restaurants with an excellent three course menu to choose from.

Or if you're looking for something a bit special, they have Executive Suite packages to host private functions with packages which can be tailored to suit your needs.

A night at the dogs is the ultimate live entertainment choice with thrilling racing



action alongside the restaurants, bars and betting booths – so make sure you book your night with us now!

To experience all of this or for more information on the fantastic 6 Pack deal please call 0870 840 8903 or visit [www.lovethe dogs.co.uk](http://www.lovethe dogs.co.uk)





# Festival with focus on the theological

Vicar and MP came up with concept



Sarah Tillett pictured with MP Tony Baldry MP, promoting the forthcoming literary festival

A FESTIVAL, bringing together the power of the written word and the word of God, is to be held in Oxfordshire.

Bloxham Faith Fest will be a literary festival with a theological slant.

Big names, ranging from author PD James to Fr Michael Seed – the priest credited with bringing Ann Widdecombe and Tony Blair over to the Roman Catholic faith – are set to appear at the festival.

All events will take place in the picturesque St Mary's Church in the village, apart from a supper on the first night that will be held in the village primary school.

The festival was dreamed up by St Mary's vicar, the Rev Sarah Tillett and Banbury MP Tony Baldry, who lives in the village.

As well as speakers and writers with an Anglican bent, such as the Right Rev John Pritchard, Bishop of Oxford, and the Archbishop of Canterbury's wife, Dr Jane Williams, there are also those from the Roman Catholic tradition and further afield.

Rabbi Lionel Blue will take to the pulpit for one of the events.

Miss Tillett said: "We didn't set out for it to be a wholly Christian event. It is a literary festival with a

By Fran Bardsley

theological slant.

"We chose people because we thought they would be interesting."

*The Snow Geese* author William Fiennes, whose family lives in nearby Broughton Castle, will be among the speakers, along with Lord Michael Dobbs of *House of Cards* fame.

The festival will come to a close with a *Songs of Praise* performance by the Hook Norton Band.

Tony Baldry came up with the festival after reading reviews of literature in theological publications which didn't make the mainstream media, but had wider appeal.

He said: "While the festival is about issues relating to faith, that is quite a broad concept, and includes things like pilgrimage, good and evil.

"This will be a real opportunity both to hear a number of mainstream writers but also a number of really interesting religious and political commentators."

The festival takes place between Friday, October 28, and Sunday, October 30.

Tickets for some of the services are free, or start from £15. For more details,

## KITCHENS & BEDROOMS



Hand made, just for you  
**Now!**  
at a price you'd expect to pay at a DIY shed!

Please call and see our totally refurbished showroom

CAD design is offered **FREE OF CHARGE!** At our factory showroom or after survey in your home. We will work together to get it right, first time! Cabinets can be manufactured any size, supplied fully assembled and colour matched to the frontal. Manufactured here! In our Brackley factory. **Choose from over 200 styles!** In painted, high gloss, natural woods or laminate finishes. Choose from 100's of worktops. Installation can be done by us or diy. Our *Quest* is your satisfaction and a possible recommendation after a job well done! **At the right price!**

**MODERNISE YOUR KITCHEN WITH NEW DOORS!**

FRONTS MADE ANY SIZE TO MATCH YOUR EXISTING ONES...

**WHY NOT GIVE IT A FRESH NEW LOOK? From Only £199!(for 10)**



**No one beats us on the PRICE OR RANGE of fitted appliances. Many are all on display for you to see how they will look in your kitchen!**



for kitchens & more.....

**Quest**

a Clifford Day Company

Manufacturers & Installers of Quality Fitted Kitchens and Bedrooms.  
• Integrated Built in Electrical and Gas Appliances • Sinks and Taps.

Showroom & Factory

Unit B, Shires Rd, Buckingham Rd Ind Est.  
Brackley, South Northants NN13 7EZ.

Open: Mon to Sat 9am to 6pm,

**01280 700200**

[www.questkitchens.co.uk](http://www.questkitchens.co.uk)



**S**HOPPING locally is becoming increasingly important, and smaller independent shopkeepers and businesses are relying heavily on trade from residents while they battle it out with the big retail giants and out of town trading estates.

The trend to buy locally grown produce, home-baked bread and cakes and locally-reared meat continues to grow and the best way to buy locally is to make sure that we shop locally too.

As well as supporting our local towns and traders, it is also a stress-free and enjoyable way to shop for everything from a birthday card and a daily paper to the family's weekly food shopping.

The decline of our local high streets has been highlighted by Government plans to carry out a review led by retail guru Mary Portas.

She is tasked with looking at the problem of empty shops and how to prevent the increase of "clone towns" dominated by chainstores.

She said: "I am calling on businesses, local authorities and shoppers to contribute their ideas on how we can halt this decline in its tracks and create town centres that we can all be proud of."

Prime Minister David Cameron has said that the local high street should be at the very heart of every community, bringing people together,

providing essential services and creating jobs and investment.

Shopping locally not only supports shops and businesses in your town but it also helps reduce your own carbon footprint by cutting down your journey time.

You can avoid the inconvenience of traffic queues and searching for a parking space, and by choosing to buy locally produced food you are supporting local farmers and growers as well.

Across Oxfordshire we are blessed with traditional market towns and villages that are thriving community hubs and have lots to offer.

From butchers and bakers to newsagents, gifts shops,



coffee shops and small supermarkets, if you choose to shop locally you can buy everything you need to create anything from a delicious four course meal to a picnic lunch.

What better way to spend a morning than to browse your local village or town centre, pick up some local produce, perhaps take a break with a coffee at your local café and then take a

quick browse through a gift shop or art gallery. Some of our local market towns also have the added benefits of museums, tourist information centres and thriving community centres that are well used by different groups and organisations.

Never has it been so important to support your local town, so next time you need to pop out for some

essentials keep it short and simple by calling in on your local independent traders, shopkeepers and cafés and see what shopping locally really has to offer.

If you automatically head to your nearest retail park or out-of-town shopping centre, then set yourself a challenge to buy as much as you can as locally as possible – you may well be pleasantly surprised!

Steve Betts

2 Church Lane, Banbury, Oxon, OX16 5LR  
Tel: 01295 262387, Fax: 01295 262387  
www.stevebettsbutchers.co.uk

Family Butchers

Pleased to meet you!  
... and meat to please you!



"Probably the **best** butchers in town!"

CACTUS

CLOTHING  
FOR  
WOMEN



20 Parsons Street  
Banbury, Oxon, OX16 5LY

01295 262805

JS AUCTIONS

Regular specialist auctions of Fine Art & Antiques and Arms, Armour, Medals & Militaria. Fortnightly auctions of Antique and Later Furniture & Effects.

Written valuations for Probate, Insurance and Family Division.

All catalogues fully illustrated online at www.jsauctions.co.uk

JS Auctions  
Fine Art Auctioneers & Valuers  
Cotefield Farm Auction Rooms  
Oxford Road, Bodicote, Banbury, Oxfordshire OX15 4AQ  
www.jsauctions.co.uk • 01295 272488



Coming up for auction in July:  
A Derby coffee can,  
C. 1795, painted by  
James Banford.  
Estimate: £800-1200



Sold in March:  
A cased set of duelling  
pistols by Gauvain.  
Hammer  
price: £4,500



AN EXCITING PURPOSE BUILT DAY  
NURSERY CATERING FOR CHILDREN  
AGED 3 MONTHS TO 5 YEARS

MUMS AND DADS PLEASE VISIT OUR WEBSITE AND  
CLICK ON THE LINKS AND GAMES SECTION FOR  
HOURS AND HOURS OF FUN FOR THE CHILDREN

UNIT 4, BRIDGE WHARF,  
LOWER CHERWELL STREET,  
BANBURY, OX16 5AY

TEL: 01295 269600  
INFO@RAINBOWSDAYNURSERY.CO.UK  
WWW.RAINBOWSDAYNURSERY.CO.UK



Henry's of  
Banbury

Quality menswear at affordable prices  
52 High Street, Banbury, Oxon, OX16 5JJ.

01295 251044

sales@henrysofbanbury.com

THE CAKE SHOP

Quality Celebration Cakes



Visit our website with online ordering [www.the-cake-shop.co.uk](http://www.the-cake-shop.co.uk)  
enquiries@the-cake-shop.co.uk

123-127 AVENUE 4, THE COVERED MARKET, OXFORD. TEL: 01865 248691

13 BRIDGE STREET, BANBURY, OXON. TEL: 01295 270447

BUYWISE

The Home of Home Appliances

Buy Online @ [www.buywiseofbanbury.co.uk](http://www.buywiseofbanbury.co.uk)

LOWEST  
PRICES EVERYDAY!  
on  
all major brands



WE DELIVER, WE INSTALL, WE CARE  
email: [sales@appliance2you.co.uk](mailto:sales@appliance2you.co.uk)

01295 266087





**Jo Jo's**  
Gifts & Home Accessories  
[www.jojos-gifts.co.uk](http://www.jojos-gifts.co.uk)  
01295 724551

Special in Unique Gifts

**J LEVETT GAS SERVICES**  
Complete Central Heating & Gas Solutions

- Specialising in central heating & boiler replacements.
- Worcester Bosch A rated energy efficient
- British Gas Approved
- Warm Front Registered

Contact: James Levett  
07940 341388  
01295 811735  
[www.jlevettgas.co.uk](http://www.jlevettgas.co.uk)

**16-24?**  
Leaving School?

Thought about an Apprenticeship?  
Apprenticeships available now:  
• Brickwork • Site Carpentry

Get a Trade For Life

- Fully funded for under 19's, government contributions for under 25's
- Small groups, highly qualified tutors
- Hands on workshop based learning
- Help with finding an employer
- Industry relevant NVQ

We Also Offer...

- Pre-apprenticeships
- Foundation training

**Tel: 01865 370040**  
Email: [vanessa@a-c-e-training.com](mailto:vanessa@a-c-e-training.com) Website: [www.a-c-e-training.com](http://www.a-c-e-training.com)  
ACE Training 15a Stationfield Industrial Estate, Kidlington, Oxon, OX5 1JD.

**Swan**  
Windows & Conservatories Ltd

- Your Local Company
- 25 Years Experience
- 10 Years Insurance Backed Guarantee
- Free Quotations

Swan Industrial Estate, Gatteridge Street, Banbury  
T: 01295 272279 F: 01295 278310  
[www.swanwindowsandconservatories.com](http://www.swanwindowsandconservatories.com)  
ALL WINDOWS MANUFACTURED IN BANBURY

**FORMULA FAST INDOOR KARTING**  
[formulafast.co.uk](http://formulafast.co.uk)

- ARRIVE AND DRIVE
- STAG / HEN
- CORPORATE EVENTS
- TEAM BUILDING DAYS
- CONFERENCE FACILITIES
- KIDS PARTIES
- JUNIOR CHAMPIONSHIPS

19 Wildmere Road, Banbury OX16 3JU  
Tel: 01295 701010

**A1-CARS**  
of Banbury

24 HR SERVICE  
8 SEATER AVAILABLE  
**01295**

**27 20 20**  
**27 28 28**

WALK IN OFFICE:  
26b, Parsons Street.  
Under new management  
"Punctuality is our Strength"

**Dream Land BEDS**  
FACTORY DIRECT PRICES

PINE FURNITURE • BEDS • MEMORY FOAM MATTRESSES  
• WARDROBES • CHESTS • SOFAS

Complete beds from £59

Sofas from £300  
Buy one Get one FREE

UNIT 1 CANAL STREET,  
BANBURY, OXFORDSHIRE,  
OX16 5AX  
**01295 272276** FIND US ON

[www.trade-secret.co.uk](http://www.trade-secret.co.uk)

**TRADE SECRET**  
OUTLET FURNITURE WAREHOUSE

QUALITY  
VALUE  
AVAILABILITY

BEDS, BEDROOM FURNITURE, MATTRESSES AND QUILTS enjoy massive savings and great choice across numerous ranges  
AMAZING CHOICE OF DINING CHAIRS, TABLES AND SIDEBOARDS in modern and traditional styles, including English Antiques  
OVER A HUNDRED DIFFERENT SOFAS ALWAYS IN STOCK both large and small including corner units, sofa beds and love seats  
AN ALADDIN'S CAVE OF HOME FURNISHINGS including rugs, mirrors, lighting, crystal glass and tableware

"A massive choice under one roof" - WAYNE, London  
UNIT 6, TWYFORD MILL, OXFORD ROAD,  
ADDERBURY, BANBURY, OXFORDSHIRE OX17 3SX  
**TEL: 01295 810110**

SELLING TO THE PUBLIC AT TRADE PRICES!



## Dating



## TWO'S COMPANY

To place your free advert. First think what you would like to say in your voice greeting and then call. You can play-back & re-record on this freephone number!

Advertise for free: 0800 977 8466

0800 calls are free from BT landlines

Seen an advert that you think could be the one? Give the number below a call - listen to their message and then you can leave a reply if you would like!

Reply to members: 0905 005 2361

0905 calls £1.53/min with BT at all times



Women seeking men

**AFFECTION CONNECTION** Active, outgoing female, 26, GSOH, enjoys keeping fit, cinema, socialising, cosy nights in, seeking an honest, caring male, not afraid to show affection, for dates and possibly more. Oxford Box 111545 £

**FROM RUSSIA WITH LOVE** Tall, dark-haired Russian girl, 26, looking for a professional gent for romance and friendship. Oxford area. Box 110573 £

**HOPEFULLY YOURS** Voluptuous female, 31, short hair, seeking a nice, good looking, fun guy, 24-57 for laughter and romance. Swindon. Box 104678 £

**ENDLESS POSSIBILITIES** Cuddly, curvy female, 37, 5'7", dark hair, few tattoos, down to earth & loving, likes nights out, cooking, camping, wlm easygoing guy, 37-50 for love & romance. Chippingham Box 104713 £

**MAKING MY DREAMS COME TRUE** Down to earth, caring female, 37, new to area, from Trowbridge, likes nights in and out, cosy times in, beach walks, searching for my soul mate. Box 108629 £

**JOIN HANDS** Sweet Swindon single mum, 38, loves reading, cinema, dining and more, looking for friends and maybe someone special. Box 104988 £

**HAPPY GO LUCKY** 38yr old lady, 5ft1, size 14, I have 2 sons and would like to meet a happy, laid back guy who likes kids. Devizes. Box 467878 £

**SHARE COMPANY** Single, hardworking female, 40, bubbly, mum, short brown hair & brown eyes, like cinema, eating out, reading & the odd nights out. Chippingham/Wiltshire Box 111845 £

**LOVE SONNETS** Slim, educated, attractive mixed-race female, 41, enjoys the arts, travel and literature, searching for a solvent, educated gent, 40-60, 5'7", for friendship and maybe more. Box 111110

**NOTHING MORE TO ASK** For 43yr old short haired lady, medium build, Wellingford based, loves family life, animals, keeping fit, gardening, cooking, driving, seeks honest, caring man for TLC. Box 107602 £

**SOUND GOOD?** Fun, curvy female, 42, brunette, green eyes, looking for genuine, loving guy. I am caring person with gosh. Likes dining in and out animals. Box 852093 £

**CHAT'S ENTERTAINMENT** Nice, chatty female, 45, enjoys playing/watching sports, country pubs, walks, travel, seeks understanding man, for good times and more. Swindon Box 100374 £

**THE GOOD THINGS** Blue-eyed Swindon girl, 46, 5'2", brown hair, working, drives, likes socialising, pubs, clubs and more, searching for a loving man, for a happy life. Get in touch. Box 110179 £

**OUR MOMENT** Lovely, hardworking, petite woman, 47, likes socialising, city pubs, eating out, seeks similar guy, for fun, laughter & hopefully more. Oxford. Box 102616 £

**SMOOTH MOVE** Slim, blue-eyed Trowbridge female, 47, 5'2", GSOH, easy to get on with, enjoys nights out, walks and more, searching for an honest, active, interesting man. Box 109958 £

**FOR HAPPINESS** Loving, single mum 47, blonde, brown eyes, gosh, from Swindon, looking for my soul mate, 47-55 to settle down with. Box 107530 £

**MORE THAN WORDS** Blonde, brown-eyed Swindon girl, 47, 5', cuddly, shy, quiet and demure, with a GSOH, looking for an honest man. Box 110968 £

**NEW DIRECTION** Swindon girl, 48, 5'5", med build, blonde, enjoys travel, skiing, town life and socialising, searching for an equally interesting man. Box 108306 £

**SHARING THE GOOD TIMES** Cheerful female, 48, blonde, hazel eyes, medium build, live & work in Swindon, enjoys travelling, dining in & out, wlm spontaneous guy, for good times. Box 101568 £

**LET'S GO AWAY TOGETHER** Divorced, outgoing, friendly woman, 49, likes cinema, pubs, nights in, seeks similar chap, for friendship leading to more. Chippingham. Box 112320 £

**I'LL TREAT YOU RIGHT** Separated female, 53, gosh, likes going out, socialising, music, seeks friendly male, 38-48 for good times and more. Swindon. Box 104377 £

**SIMPLY THE BEST** Kind, loving, caring, attentive lady, 50, seeks genuine, humorous, adventurous, loving romantic male, 48-55, 6', for friendship & relationship. Bicester. Box 818936 £

Email Photos Search

Want to date online?

oxfordmail.co.uk/dating  
banburycake.co.uk/dating  
witneygazette.co.uk/dating  
bicesteradvertiser.net/dating  
oxfordtimes.co.uk/dating

**SHALL WE DANCE?** Blonde, blue-eyed Swindon girl, 54, friendly nature, well-travelled and loyal, lover of life, searching for an active, educated man, who appreciates, food, wine and life in general. Box 110895 £

**THAT SPECIAL PERSON** Honest, bubbly female, 54, kind, loving, seeks tall male, for romance, companionship & lots more. Bicester. Box 110670 £

**MADE TO BE WITH YOU** Recently separated lady, 54, seeks a N/S independent man, 40-55 to settle down with. Faringdon. Box 104887 £

**ANIMAL LOVER** Looking for TLC, I'm a 52yr old lady, 5ft5, medium build, I like animals, pubs, gardening, WLM honest, down-2-earth, like-minded gent, 50-59, for happiness. Devizes Box 465391 £

**JUST THE TWO OF US** Separated, slim, smart, attractive lady, mid-50s, young at heart, likes meals out, dogs, seeking a friend/soulmate to go ahead with me in life. Marlborough. Box 463351 £

**COULD BE YOURS** Sincere female, 56, likes evenings in & out, cosy times in, seeks easygoing male, 40-57 for enjoy good times together. Marlborough. Box 104800 £

**STILL WATERS** Caring, friendly Melksham lady, 56, divorced, pleasant nature, enjoys cinema, bingo and weekends away, looking for a family-minded man, who is sociable and honest. Box 108845 £

**STAY FOREVER** Divorced Wiltshire female, 56, 5'6", caring, loving and romantic, loves bowling, beach walks and looking at the stars, seeks an affectionate gent, to share interests and a social drink. Box 109949 £

**LOOKING TO START AGAIN** Non smoking petite lady, 55, seeking non-smoking man who's not over-weight, and likes pubs, restaurants and quiet drives. Wantage. Box 465651 £

**COUNTRY LADY** Sporty lady, 58, widowed with grown up family. Enjoys walking her 2 dogs and playing bowls for a local team. Seeks similar gent for friendship and romance. Box 100171 £

**SO HAPPY TOGETHER** Loving female, 58, 5'4", short hair, wears glasses, looking for a long term relationship with a like minded gent, who enjoys the simple things. Bicester. Box 102344

**COULD IT BE YOU?** Loyal female, young 57, 5'6", brunette, glasses, easy-going, sociable, likes darts, gardening, music, looking for a man 50-59 for friendship and romance. Trowbridge Box 464290 £

**ENDLESS LOVE** Young 57 from Wiltshire, divorced brunette, n/s, works part time, play darts, love gardening, reading, walking, looking for a gent 49-58, to share life with. Box 454148 £

**HAND IN HAND** Widow lady, 59, works part-time, enjoys socialising, meeting new people, country walks, holidays, seeks placid gent to enjoy laughter and more. Witney Box 100300

**NICE COMPANY** Attractive female, 59, 5'6", size 12, no ties, N/S, enjoys socialising, travelling, seeks smart guy with no ties, to enjoy life with. Bicester. Box 100589

**A TRUE FRIEND** Separated, easygoing female, 59, likes cooking, evenings in/out, seeks friendly male, to enjoy life with. Witney. Box 100451 £

**GENUINE AND CARING** Widow, 50s, 5ft6, slender build. I'm social, caring and well travelled, and WLM genuine, professional guy, a non-smoker, for friendship, maybe LTR. Bicester area. Box 466487

**OUTGOING & ENTHUSIASTIC?** Oxfordshire widow, 58, slender, 5ft6, dark hair, sociable & caring, well travelled, attractive, seeking guy who's caring, professional and considerate. Box 467516

**COMBINE WITH ME** Genuine female, 59, 5'11", gosh, Witney based, seeks loving, caring male, for love and romance. Box 107785

**LOOKING FORWARD** With You Petite woman, 60, Oxford based, looking for a new special friend, for activities and possibly more. Box 108618 £

**STRICTLY BALLROOM** Dance-loving lady, 60, 5'6", searching for a man, 5'10", N/S, who can jive, for friendship and ballroom dancing. Box 111203 £

**GREAT EXPECTATIONS** Widow lady, 60, from Witney, enjoys theatre, family life, holidays, seeks genuine gent, for good times and more. Box 107425

**FUN TO BE WITH** Attractive lady, 5'2", 58, very social and enjoys nights out and in, weekends away looking for a man with a gosh who is fun. Box 458867 £

**LIFE GOES ON!** Hardworking, fun female, 60, likes reading, walking, cycling, wlm nice, decent, honest chap, for friendship leading to more. Oxford. Box 101289 £

**CARELESS WHISPER** Active, attractive lady, 61, enjoys National Trust, gardening, music, eating out, seeks tall, kind man, for companionship & more. Witney. Box 105219 £

**SOCIABLE SORT** I'm looking for a sociable man with an active lifestyle for a LTR. I'm 59, tall and blonde, I like walks, cars and gardening. Swindon Box 452750 £

**CHATS OVER A PINT?** Country woman looking to meet a loving, dark haired, slim man. I'm 62yrs old, 5'7", slim and fit, love being outdoors, walking and gardening. Marlborough. Box 112241 £

**LET'S ENJOY LIFE** Smart, active, young at heart female, 64, likes walking, theatre, holidays, gardening, dining out, wlm N/S chap, 61-68 for love & romance. Swindon. Box 104130

**EACH DAY IS A NEW ONE** Widow lady, 64, brown hair, blonde/grey eyes, likes walking, reading, watching films, family life, gardening, seeks nice gent, for ltr. Witney Box 105525

**FINALLY YOU'VE FOUND ME** Divorced, recently retired lady, 64, N/S, likes walking, reading, cinema, action movies, 60s music, seeks simple gent, to enjoy good times. Oxford. Box 101791 £

**NEW IN TOWN** Easygoing, slim woman, 64, 5'6", blonde, likes jazz, live shows, reading and walks, seeks down-2-earth male, for genuine friendship and more. Box 100721 £

**GIVE YOU SHELTER** Slim, just retired widow, 65, 5'11", N/S, enjoys gardening, keep fit, cycling and more, searching for a man, who loves to dance, to share nice times and companionship. Box 112732 £

**HIT THE JACKPOT!** Retired banbury widow, 65, looking to change life and share a laugh, loves gardening, ballroom and music, searching for a caring, professional chap, similar age, for company and romance. Box 111263 £

**HEADLINE NEWS** Happy, healthy, intelligent woman, 66, 5'6", N/S, from Devizes, enjoys gardening, theatre, cinema, holiday and generally nice times. Box 105353

**SEE YOU SMILE** Slim, attractive Witney female, 66, 5'6", dark hair/hazel eyes, creative and interesting, searching for an active, arty, music-loving man, to share a few smiles and creative moments. Box 110882

**A WONDERFUL LIFE** Retired teacher, 66, 5'6", dark hair with hazel eyes, slim, from Witney, loves the arts, ballroom dancing, walking my dogs, wlm warm hearted gent. Box 110189

**DOWN TO EARTH** Happy-go-lucky female, young 67, slim/medium build, love walking, cooking, gardening, kisses and cuddles, looking for a non-smoking, clean-shaven man, 59-65, for a relationship. Swindon Box 454288 £

**LOOKING TO START AGAIN** Mature lady, non-smoker, 5'4, cuddly build (size 20), WLM nice, caring, decent man for friendship at first. I like cats and enjoy history and gardening. Swindon. Box 466370 £

**FLOW WITH JOY** Attractive lady, 71, fun to be with, likes having a laugh, theatre, holidays, generally socialising, seeks similar chap for companionship. Witney Box 100184

**TAKE IT FROM ME** Slim, happy, healthy, intelligent lady, 72, divorced, searching for a similar man, for friendship and company. Must love dogs. Oxford. Box 111209

**GREAT COMPANIONS** Widow lady, 72, likes animals, music, theatre, wlm easygoing gent, 60-70 for companionship maybe more. Box 104917 £

**COUPLE UP WITH ME** Retired nurse, 76, likes reading, countryside, pub lunches, seeks sincere chap, 70+ for true happiness. Oxford. Box 104960

**MY SIMPLE WISH** Sincere female, 76, from Faringdon, likes gardening, walking, cinema, holidays, cooking, wlm gent 68-70. Box 109439 £



Women seeking women

**ARE YOU THE ONE** Easygoing Christian female, 39, 5'8", brunette living in Devizes, thoughtful, caring, affectionate & young at heart, wlm like minded lady, for friendship/committed relationship. Box 107470 £

**HOPE THIS WORKS** Cherishing lady, 44, great personality, enjoys holidays and going out, seeks special times in a permanent relationship. Box 851817 £

**NOTHING VENTURED...** Lady, 49, 5'5", blonde nurse, seeks similar lady, 44-52 for socialising and fun. I enjoy many things in life in live in the Oxford area. Box 859689 £

**THAT'S THE SPIRIT** Green-eyed girl, young 52, 5'7", seeks a loving lady, 45-55 ish, looks and status not important, to share honesty and sense of adventure. Box 101750 £

**SWEET TALK** Country loving female, 66, enjoys riding, dog walks and girly chats, hoping to meet a like-minded lady with the same interests, for friendship. Wantage/Oxfordshire Box 112054 £



Men seeking women

**HEAVEN & EARTH** Fun, exciting, passionate, artistic male, 32, from Oxford, looking for someone similar, interesting and intelligent. Box 107231

**MUST HAVE HAPPINESS** Down to earth male, 33, Oxford, enjoys most things in life, looking for a decent female, for good times and more. Swindon. Box 100773 £

**WE COULD BE GOOD TOGETHER** Down to earth male, 36, enjoys cycling, walking, travelling, seeks laid back female, for good times and more. Swindon. Box 100773 £

**CARING SORT** Sociable guy, 39, 5'9", medium build. Very caring with GSOH. Hobbies include watching football and playing golf. Seeks slim to medium female/single mum. Box 100151

**MORE LOVE** Talkative, lively Abingdon male, 39, blond/blue, 5'10", N/S, into rock music, travel, looking for a lifetime partner to share a great relationship. Box 110386 £

**SWEET DREAMS** Blond, blue-eyed, outgoing Abingdon male, 39, 5'10", enjoys walks, travel, heavy metal and more, searching for a lively girl, to share conversation, friendship and a whole lot more. Box 111572 £

**HEART 2 HEART** Sporty, active male, 40, tall with dark hair, own house/car, likes socialising, theatre, social drinks, wlm warm hearted woman, for LTR. Oxford. Box 101832 £

**PERFECTLY MATCHED** Honest, sporty single dad, 40, 5'9", likes to enjoy life to the full, from Woodstock, seeks good natured female, for fun, laughter and more. Box 106584 £

**RHYTHM IS A DANCER** Fit gymnast, 37, active, love life to the max, wlm female dancer for loving relationship. Bicester. Box 990826 £

**MAKE A REAL FRIEND** Down to earth male, 41, enjoys holidays, socialising, sports & much more, seeking a nice female, for fun times ahead. Box 101121 £

**THE BRIGHTEST STAR** Smartly dressed chap, 42, 6', stocky build, lives in Oxford, likes dining in & out, keeping fit, seeks smart dressed lady, for ltr. Box 106368 £

**SOMEONE TO CLICK** With Honest, genuine N/S guy, 42, 6'1", medium build, no ties, lives in Swindon, likes theatre, bowling, meals out, seeks single female, for ltr. Box 107035 £

**ENJOY GOOD COMPANY** Honest male, 43, 6'3", stocky build, gosh, enjoys sports, travel, cosy times in, social drinks, seeks fun loving female, for happier times. Oxford. Box 101716 £

**MAKE FRIENDS** Mixed-race male, 43, smoker, not employed, usual interests, seeking a female, 35-45, for lasting relationship. Box 101526 £

**THE LONG RUN** Mixed-race male, 43, smoker, no ties, searching for a like-minded woman, 35-45, no ties, for nights out and friendship. Oxford. Box 102570 £

**SO GOOD TOGETHER** Easygoing male, 45, 6'2", medium build, N/D, likes cinema, meals out, seeks understanding female, for good times leading to more. Box 102913

**PART OF YOUR WORLD** Genuine male, 45, single dad, likes weekends away, family life, socialising, looking for a outgoing female, for fun, friendship and more. Box 103015 £

**TIME TOGETHER** Sincere male, 5'9", medium build, likes social drinks, watching films and life in general, looking for a similar lady, for friendship and more. Box 100723 £

**WE CAN BE HAPPY** Fun male, 44, likes meals out, keeping fit, week-ends away, 5ft9in, seeking friendship maybe more with someone special. Banbury. Box 854670 £

**HOPE FOR US** Youthful, blue-eyed male, 46, enjoys the gym and good times, searching for a nice, honest woman. Oxford. Box 100657 £

**COMING UP EASY** Oxford male, 46, 6'1", driver, seeking an honest female friends, for chats, company and more. Box 101009 £

**SHARE AS A COUPLE** Quiet-natured Oxfordshire male, 48, searching for a lady, to share night out, pubs and company. Box 110748 £

**HELLO** Mature male, 46, 5ft11, medium-stocky build, likes eating in/out, walking, sports, lots of fun! Seeking homely girl for TLC and more. Abingdon. Box 462105 £

**LOOKING FOR A CHANGE** Easygoing male, 56, 5'7", from Wallingford, likes cinema, keeping fit, gardening, walking, seeks kind, honest lady, 45-60 to share life with. Box 106767 £

**MAYBE THIS TIME** Affectionate male, 56, 5'7", likes walking my dogs, keep fit, swimming, cinema, martial arts, wlm caring, genuine lady, 40-60 for love and happiness. Box 100413 £

**A FRESH START** Country loving man, 57, 6ft tall, blue eyes, average build, I'd love to meet a nice lady to go out with and have fun again. Box 463069 £

**SOMEONE TO CUDDLE** Laid back male, 57, own house, builder, no ties, likes playing darts, evening out, music, seeks affectionate female, for LTR. Didcot. Box 102263 £

**MUSIC OF LOVE** Fun loving professional, 58, GSOH, many interests, looking to settle down with a loving, sincere, down to earth female. Wantage. Box 102043 £

**PASSION FLOWER** Young looking 58yr old, 5'9", dark hair, wears glasses, enjoys cinema, bowling, days out, socialising, seeks loving, loyal female, for LTR. Box 101122 £

**ON THE CARDS** Creative, professional male, 58, 5'11", likes gardening, cooking, painting and France, searching for a N/S woman, for friendship and long-term love. Witney. Box 102553 £

## Reply to members by text

Look for the 't' and respond to text ads by entering the six-digit Box No (space) and then your message, eg: 654321 (space) Hi my name is... then send to 80360.

Standard network rates apply to send messages. Successfully forwarded messages cost £1.50 per message. (Max 160 characters) You must exchange 5 messages each before you can swap contact details. Messages may be moderated for your safety and security.

Been left a message? Pick up replies on:

0904 180 0118

You can also browse more adverts on this number.

0904 calls £1.23/min with BT at all times

Need help? Live assistance available 10am-5pm Mon to Fri

Call: 0800 280 0896 or Email: support@twoscompany.co.uk

**GIVE LOVE A TRY** Hardworking male, 49, 5'7", brown hair, own flat, likes socialising, cooking, nights in, seeks nice, young lady for friendship leading to more. Oxford Box 100302 £

**MORE IN TIME** Friendly male, 50, 5'5", blue eyes, works with horses, seeking a loving female, 40-60 to settle down with. Box 104741 £

**LOTS OF AFFECTION** Divorced, caring, trustworthy male, 51, loves the country life, pubs, history, DIY, motor sports, wlm sincere woman, to settle down with. Wallingford. Box 102120 £

**IN IT FOR THE LONG RUN** Genuine bloke, 53, from Didcot, happy go lucky person, looking for a young at heart lady to enjoy life with. Box 111665 £

**LOVE THE COMPANY** Down to earth male, 54, 5'10", gosh, many interests, seeks female, 35-60 any race, for fun, laughter and more. Box 104545 £

**A FUTURE FILLED WITH LAUGHTER** Divorced, young to heart male, 54, own house in Oxford, likes cinema, theatre, clubs, seeks caring female, for happy times and more. Box 107632 £

**SOUL MATE WANTED** I seek the soul of solace of the shadows, so I need mysterious lady to join me. I am arisan soon be 55, fit agile & I have a spare fishing rod. Box 106793 £

**MAKING IT HAPPEN** Laid back male, 55, 5'7", muscular build, looking for a fun female, 40-60 for fun, laughter & more. Reading. Box 104111 £

**WIN MY HEART** Hard-working male, 55, down to earth, searching for an understanding woman, to settle down with. Box 112749 £

**LIFE IS SIMPLE** Laid back, practical male, 58, 5'9", short hair, average build, wears glasses, loves days out, bowling, socialising, country pubs, seeks understanding woman, 45-56 for ltr. Wallingford Box 104639 £

**NOTHING ELSE MATTERS** male, 58 green eyes, Oxford, likes socialising, eating out, cinema, wlm large built female, for love and more. Box 108393 £

**CONFIDENTLY YOURS** Widowed chap, 59, 5'10", own house/business, Witney based, enjoys music, country walks, pubs, fishing, gardening, seeks outgoing female, to enjoy life again. Box 107964 £

**BETTER WITH COMPANY** Tactile male, 60, 5'7", wears glasses, likes days out, country walks, evenings in, looking for a young lady, 50-60 to enjoy these good times together. Northampton. Box 104324 £

**START SOMETHING SPECIAL** Active male, 60, 5'7", blue eyes, gosh, likes cinema, theatre, days out, country pubs, meals out, seeks similar female, 54-59 for company & more. Northampton. Box 104253 £

**COME ALIVE** Fit male, 60, 5'11", seeking a nice and genuine lady, hopefully for a truly lasting relationship. Box 100153 £

**SAIL AWAY WITH ME** Young 60, I'm a caring guy, 5ft9, full head of hair! I live in Didcot and



# Card launched to calm crisis for sufferers

By Rhianne Pope

FOR people with autism, stressful situations can leave a sufferer panicked and confused. But a new card, just launched in Oxfordshire, aims to make those situations easier and help others understand the problems they face.

The Autism Alert Card will now be given to the estimated 6,000 people with autism in Oxfordshire.

It carries an explanation of autism, a number for people to call for advice, and the contact details for a carer or friend.

Founder of Autism Oxford, Kathy Erangey, who is behind the scheme, said: "This is a card that people can carry round with them.

"Autistic behaviour is easy to misinterpret. For example, when anxious, stressed or under pressure, someone on the autism spectrum may suffer a panic attack.

"This may be interpreted as challenging behaviour or a temper tantrum.

"They may also have a freeze response, which may look like refusal to move or speak.

"But now they can present that card to someone, such as a police officer, and they can deal with them appropriately."

More than 120 police officers have also been trained in understanding how to deal with autism as part of the scheme.

There will be three more launches around the county over the next year.

Mrs Erangey's 20-year-old son, Stephen, was diagnosed with autism shortly before his third birthday.

She said: "When he was younger, I would have really



Kathy Erangey at the launch of the Autism Alert Card

appreciated having this card when people were tutting about bad parenting because he had lost control and there was nothing I could do."

The card was funded by Oxfordshire County Council and the NHS. Similar schemes are already up and running in East Anglia, Berkshire and Hampshire.

According to Autism Oxford, people on the autism spectrum are seven times more likely to come into contact with the police.

Richard Maguire, 45, was interrogated by police when they mistook him for a car thief. He said the stress of the situation had caused him to freeze.

He said: "There were lots of police radios and lights and my senses basically crashed. I couldn't understand what was going on.

"The police thought I was being difficult and didn't want to co-operate. If I'd had the card I would have been able to show it to them and they could have understood why I couldn't hear them properly."

Paul Isaacs, 24, was bullied "from the age of four through to 22" at school and work in Thame. He was only diagnosed with autism last year.

He said: "I was on the way to work recently when the bus broke down. I had to keep really controlled, I was so anxious I was going to be late for work.

"It was all I could think about. Now with the card, I could show it to the bus driver or someone and they could explain what's going on."

To apply for a card, call Autism Oxford on 0844 381 4484, email alertcard@autismoxford.org.uk, or visit autismoxford.org.uk



Harefurlong Nurseries

*Summer Gardening*  
with the garden lovers garden centre

Trees | Shrubs | Conifers  
Herbaceous | Herbs | Roses



OPENING HOURS Tues - Sat: 9.00-5.30 • Sunday: 10.30-4.30  
Open Bank Holiday Mondays

*Where Things For Your Garden  
Won't Cost The Earth*



A world of  
Choice



On A423 Southam Road, Nr. Farnborough, Banbury, OX17 1EL

Tel: 01295 690479

Advertise Online

24/7



www.banburycake.co.uk

99P BAR AVAILABLE

FOLKESTONE &  
OSTEND WEEKEND

£109<sup>99</sup> pp

Fri 14th to Mon 17th Oct

Tour ref: 711450

(SINGLE SUPPLEMENT  
£9 PER PERSON PER NIGHT)

Quote: Late Deal



The Travel Association

Everyone deserves a break in life!

Enjoy the best of Kent and the continent with this superb four day break that includes a full day in Belgium. Our base is the comfortable Britannia Grand Burstin Hotel in Folkestone.

Our first excursion is a visit to historic Canterbury, with its winding lanes and beautiful cathedral.

Our second excursion takes us across the channel to spend a fantastic day at the thriving beach resort of Ostend in Belgium, where you'll find an array of pavement cafes, boutiques and decadent chocolate shops.

Our comprehensive insurance is £14.95 per person if required. Passport and insurance of £7.50 are compulsory when travelling overseas. Standard terms and conditions apply.

Your special 4 day break includes:

- 3 nights dinner, bed and breakfast
- 2 FREE excursions • Trip to Ostend in Belgium
- 99p bar available • Hotel entertainment
- Return coach travel from BANBURY, BRACKLEY

08448 11 11 26

www.justgoholidays.com



# MIND, BODY & SOUL

## WING WALK A COMPLETE SUCCESS



Congratulations to the trio of daredevils from EKKO in Banbury. Chris Bates, Beverley Bates, UK Creative Director for La Bioesthetique wand owner of the EKKO salon, and Rachael Oakes completed a Wing Walk for the BYHP (Banbury Young Homeless People) charity on the 30th July.

The charity provides a Drop In Centre - a safe place for the Young People to meet and spend time. It also offers Family Mediation to enable them to remain at or return home and a Counselling Service to help these vulnerable and confused youngsters, plus many other support services.

EKKO have raised over £1200 so far for the local charity, but you still have time to donate.

Visit: [www.byhp.org.uk](http://www.byhp.org.uk) for more information.



Great music, great food and lots of dancing were the order of the night on Saturday 3rd July as Gymophobics of Banbury celebrated its 3rd birthday. The event was held at General Foods social club and saw 175 members and guests enjoy a fantastic evening which raised £1,075 for The Katharine House Hospice.

After a short speech from Sue Lane of Katharine House and a presentation honouring the longest standing gym members by Donna Hubbard, Gymophobics founder, the party began with excellent music from live band Jinx. The Steve from Sentinel Disco Road Show kept the dance floor alive all night.

The evening was a huge success and many thanks are given to Kraft, Tesco, Cutting Edge, Appearances and Rugrats & Half pints for donating raffle prizes.



**ekko**  
have you heard?

## AUGUST OFFERS

**½ PRICE  
COLOUR SALE**

with full price  
Cut & Finish  
(selected stylists - 8th to 12th)

**FOR HIM  
FREE LUXURY  
SHOWER GEL**  
for hair and body with a  
Gents Premier Appointment\*

**FREE  
EXPRESS FACIAL**

with every  
Full Body Massage\*

\*Offers ALL MONTH  
(subject to availability - book  
early). To receive these offers  
you must mention this ad. Not to  
be used in conjunction with any  
other offer.

20 High Street, Banbury OX16 5EE 01295 268883

[f ekkouk](https://www.facebook.com/ekkouk) [@ekkosalon](https://www.twitter.com/ekkosalon) [www.ekkosalons.com](http://www.ekkosalons.com)

## There is hope for your spine



## Banbury Chiropractic Clinic

37 The Green South Bar  
Banbury Oxon OX16 9AE

**Ph: 01295 253434**

### BANBURY CHIROPRACTIC CLINIC

*Handmade Healthcare*

You have been especially chosen to benefit from this amazing offer.

First consultation, examination plus x-rays, (if they are needed)  
Complete explanation of the condition of your spine

**FOR £20**

**This offer is worth £85. What better way to kick start the Summer!**

Offer valid for all Banbury Cake readers **Tel: 01295 253434**



# MIND, BODY & SOUL

## FOR THE BODY YOU DESERVE

Last month I told you that cardio activity (that's jogging, cycling, swimming, etc) won't help you lose weight and achieve the figure you always wanted. I explained that an hour's cardio would burn less than eight hundred calories so you would have to exercise for

at least four and a half hours to burn just one pound of fat! Knowing how ineffective cardio is at burning fat is enough to make anyone give up exercise and turn to diet, but that presents another slight problem. I am not suggesting that dieting won't help you to lose weight. If you take on board less calories than you spend, then you will see the pounds drop off. But there are two problems you should be aware of when dieting. The first of these is that if you are not very careful, dieting can make you fat! Sounds ridiculous I know but the truth is that if you diet too strictly it can send your metabolism into 'hibernation'. In other words you will then be burning less calories than before you dieted. I have worked with literally hundreds of slimmers who tell me that they gain weight much more easily after dieting!

The second problem with relying on diet to help you to lose weight is that no diet ever invented can be 'targeted' at your problem areas. When dieting, most of us melt like a candle. We lose from our face first, (*friends start to tell us we look ill!*), then we lose our Bust (!) and by the time we get down to

the areas we really want to lose from we may look far more pear shaped than before we lost weight.

That's why I advocate healthy eating rather than a diet. I will discuss healthy eating in a later column but this week I want to focus on *Resisted Tension*. It's an exercise programme that I have spent more than twenty years developing. Years ago when I was training as a competitive swimmer I felt that I needed to increase my strength. My husband suggested I try some Isometric exercises and the affect was amazing. Within weeks my strength had increased dramatically and my body looked far more 'toned'.

Years later after my second daughter was born I was desperate to lose weight and get my figure back. That's when I remembered Isometrics. Healthy eating and twenty minutes of Isometrics each day and I soon saw the results I was seeking. During that time I have helped literally thousands of women to achieve the figure they deserve and now I want to help you to do the same!

I call my programme *Resisted Tension*. Just twenty minutes each day is all it takes to see results, so let's get started shall we?

So what is Isometric exercise? It involves pulling in a muscle and holding it in a contracted state for a few seconds (7 seconds actually), then relaxing for a few seconds. That's one repetition and you should start by performing 12 repetitions of each exercise with just a few seconds of rest between each Rep. (*If you can't manage 12 reps at first, just do as many as you can. You will soon manage more!*).

Isometric exercises tighten, tone and strengthen the muscles being used, but incredibly they will help you to lose weight

as well! How is that possible? As I am running out of column inches this week I will explain how it works in next month's column. Until then you will just have to trust me.

## EXERCISE 2 - GLUTEAL SQUEEZE

This month's exercise is for the derriere. For a smaller, tighter Bum just add this exercise to your daily routine.

Sitting down (*you can even do this exercise while sitting at your office desk and no one will know you are doing it unless you screw your face up at the same time!*) you should contract one Buttock (Gluteal muscle) as tightly as you can and hold for seven seconds. Now relax and repeat with the other Buttock. Now relax before clenching both Buttocks simultaneously for the same amount of time.

Count the above as one repetition. Twelve repetitions each day will be quite enough for now and don't forget to keep doing your Tummy Tuck exercise each day as well.

## DIET TIP

Last month's Diet Tip was to simply reduce your portion sizes at each meal. This month's Tip is even simpler. I want you to avoid eating Bread for a whole week. If you are like so many women I work with, a week without Bread could change your life. Less bloating, a flatter tummy and more energy are just some of the benefits many women have reported. See how you get on.

If you want to comment on any of the points raised in my column, I would love to hear from you at: donna@gymophobics.co.uk

Love Donna x



For the  
**Mind, Body  
and Soul**

To advertise call  
**01295 256111**  
**banburycake@nqo.com**

# GYMOPHOBICS

**30 minutes,  
3 times a week can  
change your life!**

**7 Day  
free trial  
with this  
advert\***

\*Terms & conditions apply

Find out more: **01295 255532**  
2A Bridge Street, Banbury, OXON, OX16 5PH  
[www.gymophobics-banbury.co.uk](http://www.gymophobics-banbury.co.uk)

AWARDED  
**Gymophobics**  
GYM OF THE YEAR 2010

onelife oneclub

If you join  
between  
**1st - 15th  
August 2011**  
you will receive  
August free and  
a reduced  
joining fee!\*

# August free\*

and a reduced joining fee!\*



Bodicote Park  
Oxford Road, Banbury  
**01295 258777**

**B**  
Bannatyne's Health Club  
[www.bannatyne.co.uk](http://www.bannatyne.co.uk)

\* Terms and conditions apply



**OXFORD  
Mail**

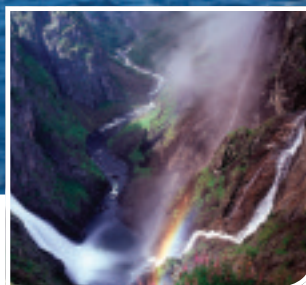
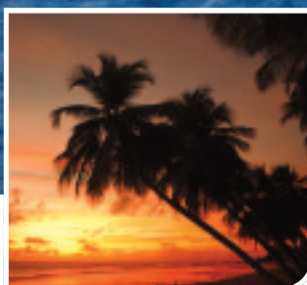
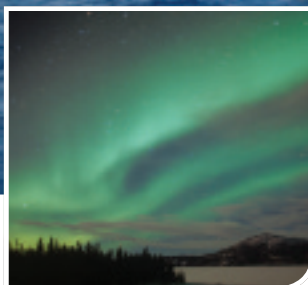
# 2012 Ocean Cruises on board MS Marco Polo


**NEWMARKET  
Holidays**
**BOOK NOW  
& SAVE UP TO  
25%!**

- ✓ "New cruises for 2012"
- ✓ Excellent service from an attentive crew
- ✓ Traditional British & International full board cuisine
- ✓ Superb programme of stylish entertainment
- ✓ Wide range of leisure facilities
- ✓ Afternoon tea & late night snacks



## Sailing from Tilbury



### Featured Cruise



### Springtime 'Mini Cruise'

Including the renowned  
Keukenhof Gardens

from Tilbury on board  
**Marco Polo**

Departs 30 March 2012

This sensational value 'taster' cruise sees Marco Polo head to the colourful Dutch capital Amsterdam, for a chance to visit the famed bulbfields, and to the Diamond City of Antwerp.

**Ports of Call: Amsterdam & Antwerp**

4 days from

**£224.00\***

Enjoy all the magic and wonder of some wonderful value 'No-flying' cruise holidays from London Tilbury in 2012, on board elegant, ever-popular *Marco Polo*.

There really is nothing finer than a holiday that combines fascinating days and exciting nights, interesting destinations, the company of friendly faces and the comforts of an excellent hotel. This is what we have on offer on board *Marco Polo* – and at superb value prices too!

The ship's 2012 programme includes cruises to a wide range of destinations, beginning with a winter-warming six-week voyage to the magical Amazon and the Caribbean, and a trio of sailings in search of the mysterious 'Northern Lights'. The spring and summer offer a wonderful selection of fjordland cruises, glorious circumnavigations of Britain and Ireland, some shorter 'taster' cruises, the Baltic Cities and a summertime journey south to the mid-Atlantic Azores. *Marco Polo* will also mark the centenary of the voyage of *RMS Titanic* with a commemorative cruise to the ports associated with the ill-fated liner.

*We look forward to the pleasure of your company!*

**BOOK NOW  
& SAVE UP TO  
25%!**

### Tremendous Early Booking Discount!

**Book before 30th September 2011**

Take advantage of some fantastic discounts of at least 20% (and up to 25% on certain cruises) on all 2012 sailings by booking before midnight on Friday September 30th 2011.

### No Surcharge Guarantee!

All our 'Saver' fares offer a 'No Surcharge Guarantee', protecting you against any subsequent price rises. Simply book by Friday 30th September and pay the fantastic value Saver price shown!

MS Marco Polo from London Tilbury	Days	Departs	Prices from	Saver fares from
The Amazon & Caribbean	46	Jan 3	£3599	£2699
The Northern Lights	15	Feb 17, Mar 2, 16	£1299	£974
Spring 'Mini Cruise'	4	March 30	£299	£224
Easter Cruise	9	April 2	£809	£607
Titanic Memorial Cruise	8	April 10	£669	£535
Majestic Fjordland	7	April 17	£589	£471
British Isles Discovery	10	Apr 23, Sep 2	£859	£687
Diamonds & Canals	5	May 2	£379	£303
The Emerald Isle	13	July 8	£1239	£991
Grand British Isles	11	July 20	£1029	£823
Baltic Cities & St Petersburg	13	July 30	£1239	£991
The Azores & Madeira	16	August 11	£1429	£1143
Fjordland Splendour	8	August 26	£719	£575
French Maritime Delights	10	Sep 11	£859	£687
Autumn 'Mini Cruise'	4	Sep 20	£299	£239
Baltic Treasures & St Petersburg	13	Sep 23	£1139	£911
Dutch & French Waterways	6	Oct 5	£489	£391
Mediterranean Gold	15	Oct 10	£1329	£1063

Book online at **www.newmarket.travel/oxs00005**



to request a brochure or make a booking call:

**0844 391 2183** quoting code **oxs**

Lines open: Mon - Fri 9am - 7pm • Sat 9am - 4pm • Sun 10am - 2pm

For your free copy of our Ocean Cruising brochure, complete this coupon & send to:  
Newmarket Promotions Ltd, Freeport KT2720, Worcester Park, KT4 8BR (no stamp required)

Name ..... **OXs**

Address ..... Postcode.....

Telephone ..... Email .....

**you can now request your brochure online at: [www.newmarketbrochures.co.uk/oxs](http://www.newmarketbrochures.co.uk/oxs)**

Organised by Newmarket Promotions Ltd ABTA V787X. Calls charged at 4p per min. Fares exclude gratuities.



# CAKE Leisure

banburycake.co.uk/leisure

## Apes return in hi-tech thriller

**RISE OF THE PLANET OF THE APES** (12A, 104 mins) Sci-Fi/Action/Thriller/Romance. James Franco, Freida Pinto, John Lithgow, David Oyelowo, Tom Felton, Brian Cox, Andy Serkis. Director: Rupert Wyatt.

**M**an learns a harsh lesson about meddling with Mother Nature in Rupert Wyatt's splendid new chapter in the *Planet Of The Apes* saga, based loosely on the novel by Pierre Boulle.

Drawing elements from different films in the original series made famous by Roddy McDowall, Kim Hunter and Charlton Heston, *Rise Of The Planet Of The Apes* takes advantage of the latest technological wizardry to deliver a thrilling action adventure that doesn't skimp on heartbreaking emotion.

It's all a far cry from Tim Burton's abortive 2001 remake of the original film – a creatively

ambitious but structurally muddled folly doomed to failure the moment Mark Wahlberg was cast in the lead role.

Wyatt orchestrates some breathtaking set pieces, including a climactic scene of apes on the rampage in San Francisco that unfolds at dizzying speed, seamlessly melding digital and live action elements.

However, beneath all of the pyrotechnics, there beats a human heart, not least in the character of Caesar the ape, brought majestically to life by actor Andy Serkis using the same motion capture technology as Gollum in *The Lord Of The Rings*.

Thankfully, the film-makers haven't opted to needlessly release the film in 3D to hike up ticket prices. Will wonders never cease?

Scientist Will Rodman (James Franco) is determined to find a cure for Alzheimer's, the disease which has slowly consumed his father Charles (John Lithgow).

Will feels certain he is close to a breakthrough and tests his latest serum on chimpanzees, noticing dramatic increases in intelligence and brain activity in the primate subjects.

However, a high-profile showcase with shareholders goes spectacularly wrong and Will's profit-driven boss, Steven Jacobs (David Oyelowo), demands the project is shut down and the test animals slaughtered.

Will smuggles a baby chimp called Caesar out of the lab and raises the infant with his father.

As the years pass and Caesar blossoms, Will falls in love with veterinarian Caroline Aranha (Freida Pinto), who is stunned by Will's ability to communicate with the chimpanzee, unaware of the animal's history.

Caroline warns Will that he cannot keep Caesar as a pet forever and meddling with nature has repercussions.

*Rise Of The Planet Of The Apes*



marries present and past, gifting the most iconic line ("Get your filthy paws off me you damn dirty ape!") to Tom Felton, playing a sadistic keeper at the ape sanctuary where Caesar spearheads the uprising.

Scenes between Franco and

Lithgow are beautifully judged and the interaction between the two men and the digitally rendered Caesar is surprisingly moving.

Pinto's underwritten role acts as the voice of reason throughout, though her warnings are nover heeded.

## Cinema

**Odeon, Horsefair, Banbury:** Mr Popper's Penguins, PG, Fri-Tue 12.30pm\*, Thu 12.30pm\* (audio-described). Harry Potter and the Deathly Hallows pt II, 12A, daily 2, 8pm (audio-described). Super 8, 12A, Fri, Sun-Thu 11am, daily 5pm (audio-described). *Rise of the Planet of the Apes*, 12A, daily 3.30\*, 6\*, 8.30pm\* (audio-described). Senior Screen: The King's Speech, 12A, Wed doors 10.45am\*, film 11am\* (audio-described). Kids Club: Diary of a Wimpy Kid II, U, Sat doors 11am, film 11.30am (audio-described). Box office: 0871 224 4007.

**The Theatre, 2 Spring Street, Chipping Norton:** Kung Fu Panda II, PG, Sat 2.30pm. Larry Crowne, 12A, Sat-Sun 7.30pm. Cinema Bambino: Larry Crowne, 12A, Wed 10.30am. The Tree of Life, 12A, Wed-Thu 7.30pm. Please see Theatre website for the appeal for the Chippy Cinema Reloaded campaign. Box office: 01608 642350 (Mon-Fri 10-6pm, Sat 10-2pm).

**Odeon, George Street, Oxford:** Call cinema for information. Box office: 0871 224 4007.

**Odeon, Magdalen Street, Oxford:** Call cinema for information. Box office: 0871 224 4007.

**Phoenix Picture House, Walton Street, Oxford:** Project Nim, 12A, Fri-Sat, Tue 1.45, 9pm, Sun, Thu 1.45, 6.30pm, Mon 4, 6.30pm, Wed 1.15, 6.30pm. Sarah's Key,

12A, Fri-Sun, Tue, Thu 4pm, Fri-Sun, Tue 6.30, 8.45pm, Mon 1.30, 8.45pm, Wed 4, 6.15, 8.45pm (French, subtitled). The Big Picture, 15, Fri, Tue-Wed 3.45pm, Sat 6.15pm, Sun-Mon, Thu 9pm (French, subtitled). Arriety (The Borrowers, U (English) Fri, Mon-Tue 1.30, Sat 3.45pm, Sun 11.15am, 4.15pm, Wed 1.50pm, Thu 1.30, 3.45pm; (Japanese, subtitled) Tue 6.15pm. Potiche, 15, Fri, Thu 6.15pm, Mon 3.45pm, Wed 9pm (French, subtitled). World cinema: Film Socialism, PG, Sun 1.45pm, Tue 6.15pm. Kids Club: The Iron Giant, U, Sat doors 10.30am, film 11am (adults not accompanying children will not be admitted). Big Scream (for those with babies under 1yr): Sarah's Key, 12A, Fri 11am. Box office: 0871 902 5736.

**The Screen at the Square, Corn Exchange, Market Square, Witney:** Larry Crowne, 12A, Mon, Thu 7.30pm. Box office: 01865 880645.

**Ultimate Picture Palace, Jeune Street, Cowley Road, Oxford:** A Separation, PG, Fri 9, Sat 6.30, Sun 6pm, Wed 6.45pm, Thu 9pm. Beginners, 15, Fri 7pm, Sat, Tue 9pm, Thu 6.45pm. Just Do It, 12A, Saturday 4.30pm, Sun 4pm (q&a with producer Lauren Simpson), Mon 9pm. The Big Picture, 15, Sun 8.30pm, Mon-Tue 6.45pm, Wed 9pm. Box office: 01865 245288.

**Vue Cinema, Grenoble Road,**

**Oxford:** *Rise of The Planet of the Apes*, 12A, daily 1.15, 3.50, 6.30, 9.10, 11pm, Fri-Tue 8.30, 10.20pm, Wed-Thu 9.40pm, Fri-Sat, Wed-Thu 11.40pm. The Devil's Double, 18, daily 6.50, 9.20pm, Fri-Sat, Wed-Thu 11.50pm. The Inbetweeners, 15, Wed-Thu 12.10, 2.30, 4.50, 7.10, 8.30, 9.30, 11.55pm. Cowboys and Aliens, 12A, Wed-Thu 8.10, 11pm. Diary of a Wimpy Kid II, U, daily 10.30am. Harry Potter and the Deathly Hallows pt II, 12A, daily 11.50am, 2.40, 5.30, 8.20pm, Fri-Sat, Wed-Thu 11.10pm; (3-D) daily 12.10, 3, 5.50, 8.40pm, Fri-Sat, Wed-Thu 11.30pm; (3-D) daily 10.40am, Fri-Tue 1.30, 4.30, 7.30pm, Wed-Thu 1, 3.50, 6.40pm. Captain America, 12A, daily 12.15pm, 5.40pm; (3-D) daily 3, 8.20pm, Fri-Sat, Wed-Thu 11.20pm. Horrid Henry, U, daily 10am; (3-D) daily 10am. The Smurfs, U, Fri-Tue 9.40, 12.05pm, 2.30, 4.55, 7.20pm, Wed-Thu 9.50am, 12.20pm, 2.55, 5.35pm; (3-D) daily 10.15am, 12.40, 3.20, 6pm. Cars II, U Fri-Tue 10.10am, 12.35pm, 3.10, 5.40pm, Wed-Thu 9.40am (audio-described Fri-Tue 10.10am, 12.35pm, 2.10, 5.40pm, Wed-Thu 9.40am; subtitled Sun 5.40pm). Horrid Bosses, 15, Fri-Tue 8.10, 10.30pm (subtitled Tue 8.10pm). Mr Popper's Penguins, PG, daily 9.50am, 12pm, 2.15, 4.30pm. Super 8, 12A, daily 2.50, 5.25, 8, 10.30pm. Zoo Keeper, PG, daily 9.30am. Bridesmaids, 15, Fri-Tue 9.45pm, Wed-Thu 00.05am. Box office: 08712 240240.

**OXFORD MAIL**

The Oxford Times Offer

Book online: [www.newmarket.travel/oxs17102](http://www.newmarket.travel/oxs17102)



4 days from  
**£349.00**

## Floriade 2012 & Amsterdam Horticultural Spectacular & River Cruise

This wonderful value holiday on board MS Olympia includes a visit to Holland's once-in-a-decade Floriade horticultural exhibition, delightful Amsterdam and the surrounding 'polder-land', and a chance to visit Keukenhof gardens.

**Includes** • Return coach travel & Channel crossings • 3 nights' full board accommodation in a standard lower-deck cabin on board MS Olympia (up-grade cabins available for a supplement) • Embark in Amsterdam • Calls at Volendam & Zaandam • Excursion & entrance to Floriade 2012 • English commentary • On-board entertainment • Tour Manager services

On board MS Olympia - Departs 25 April 2012

To request a brochure or make a booking call:

**0844 391 2183** quoting code **OXs**

Lines open: Mon - Fri 9am - 7pm • Sat 9am - 4pm • Sun 10am - 2pm



**NEWMARKET Holidays**

"We're with you all the way!"

Organised by Newmarket Promotions Ltd. ABTA V787X. Calls charged at 4p per min. Single supplement applies.

online brochure requests: [www.newmarketbrochures.co.uk/oxs](http://www.newmarketbrochures.co.uk/oxs)



# CAKE Sport

## Fuller's hopes fade on Bailey capture

BANBURY United boss Ady Fuller's hopes of signing former Oxford United and QPR midfielder Stefan Bailey appear to be dwindling.

Two weeks ago, Bailey (pictured right) starred in Banbury's 2-2 draw with Nuneaton after being invited to play a game.

The 23-year-old is looking for a new club after being released by Kettering.

He started his career at the London club, making his debut as a 17-year-

### SOCCER

old against Sheffield United.

He had a loan spell at the U's in 2008 before joining Grays Athletic.

Bailey had spells at Farnborough (loan), Ebbsfleet United and AFC Telford United from where he joined the Poppies.

"He really impressed for Kettering against us and when I heard they

had released him I got in contact with him.

"We asked him if he fancied playing for us against Nuneaton and he agreed," said Fuller, who took over as Banbury manager from Billy Jeffrey in July.

"After the game, he said he enjoyed it, but had a couple of clubs to go to on trial.

"He said he would let us know, but as I haven't heard anything, I assume there's nothing there."



## Rattling up a record

KINGS Sutton re-wrote the record books with an incredible batting display against ten-man Ducklington in Division 7.

Ducklington watched as their opponents amassed an enormous 448-7 in their 45 overs – believed to be the highest in the league's 106-year history. Lee Humphrey led the

### CRICKET

way with 154, while Brody Chequer hit 76 and Mickey Sumner 69. Ducklington did not help their cause by conceding 60 extras. They were then dismissed for 105 as they succumbed by massive 343 runs.

## Bulls appoint Kerr as new head coach

BANBURY Bulls have unveiled James Kerr as their new head coach.

Kerr joins the club from from Grasshopper Zurich after relocating from Switzerland to North Oxfordshire.

Having stopped playing rugby due to a serious neck injury, Kerr has

### RUGBY

developed his coaching career and also been involved with the Swiss national squad.

He replaces Grant Holmes, who resigned for work and family reasons,

while Trudy Boyle is the new senior players' administration manager.

Banbury, who will play in Midlands 2 West South next season, are looking for new players to boost their ranks.

Contact Ed Phillips on ed.phillips@swangroup.co.uk or 07769 314577.

## Banbury CAKE Great value Travel Offers

Book online: [www.newmarket.travel/oxs](http://www.newmarket.travel/oxs)

### Romantic Rhine Cruise to Switzerland

**Includes** • Return coach travel from the local area • Return Channel crossings • Nine nights accommodation on-board ms Olympia • Full-board – breakfast, lunch, dinner, afternoon tea & snacks • Welcome Cocktail Party • Captain's Farewell Dinner • On-board entertainment & English commentary • Portage on & off the ship • Two cruises - south & north - through the Rhine Gorge, the most scenic stretch of the river, passing the legendary Lorelei • Calls at Strasbourg, Breisach, Basel, Mannheim, Mainz & Andernach • Overnight in Basel • Guided walking tour of Speyer • A Newmarket Cruise Manager

**LATE RIVER CRUISE DEAL ON BOARD MS OLYMPIA**  
Departs 4 October 2011

### Prague, Budapest & Vienna Escorted Holiday

Don't miss this wonderful opportunity to explore some of Europe's greatest cities.  
Departs September & October 2011

8 days from  
**£539.00**

### Paris & Versailles Weekend Great value 3-day coach-inclusive break

Visit the vibrant French capital in the Autumn with a visit to Versailles.  
Departs 4 November 2011

3 days from  
**£135.00**

To request a brochure or make a booking call:

**0844 391 2183** quoting code **oxs**

Lines open:  
Mon - Fri 9am - 7pm  
Sat 9am - 4pm  
Sun 10am - 2pm



**NEWMARKET Holidays** "We're with you all the way!"

Organised by Newmarket Promotions/Air Holidays Ltd. ABTA V787X/V7812.  
ATOL protected 2325. Calls charged at 4p per min. Single supplements apply.

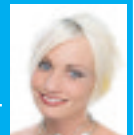


**ABTA**  
The Travel Association

online brochure requests: [www.newmarketbrochures.co.uk/oxs](http://www.newmarketbrochures.co.uk/oxs)

## STARS with Claire Petulengro

Service provided by IMS Leeds LS1 8LB. Calls cost 61p per minute at all times



**ARIES**

Mar 21-Apr 19

A family announcement will leave you feeling quite shocked. This will soon pass as you get used to the idea, and see the benefits it will have for you also. Luck will be on your side today in everything you do. The message you have been waiting on is also likely to arrive. Call now to hear more on this memorable week.

☎ 0906 585 4360



**TAURUS**

Apr 20-May 20

Try to get everyone involved in your current project and as work takes a backseat, you and friends will have an enjoyable day doing lots of fun activities. Your vigilance today however, will enable you to get out of what could have been a tricky situation. Call now to hear how the full moon is about to shake up your love life.

☎ 0906 585 4361



**GEMINI**

May 21-Jun 20

Your body is saying relax, whilst your head and energy levels are telling you otherwise. Organise your time efficiently so that you are able to relax before partying. News you have been waiting for is likely to arrive, and the signs will be good, so you should be pleased when it arrives. Call now to hear what magic Leo's can add to your week.

☎ 0906 585 4362



**CANCER**

Jun 21-Jul 22

Your sense of passion will be strong this week, and you will be expressing yourself in this way to lovers, and in fact to anyone you have dealings with. Tasks that require an amount of concentration should be forgotten about and postponed until another time when your mind will be more focused. Call now for news in full.

☎ 0906 585 4363



**LEO**

Jul 23-Aug 22

Disagreements with a friend are likely to come to a head this week, as you end up crossing the line in a moment of frustration. An attraction with an unlikely person will begin to develop, be sure to keep it secret for as long as possible. You will need some time to relax, and you should do just that. Call now to find out more.

☎ 0906 585 4364



**VIRGO**

Aug 23-Sep 22

Today will see you catching up with friends, family, acquaintances, and in fact all the gossip. This will take up most of your time today, leaving you with a full list of outstanding tasks. There's no need to worry, as you will have more time on your hands over the next few days. Call now to hear what announcements the full moon is set to bring.

☎ 0906 585 4365



**LIBRA**

Sep 23-Oct 22

Make sure you have a few days of relaxation; work and tasks should only be attempted if really necessary. Partners will be attentive, more so than usual. Don't get suspicious, but just enjoy and relish in the moment. Any social plans in the next few days should be cancelled, as you won't feel like a socialising. Call now to hear why romance is so prominent.

☎ 0906 585 4366



**SCORPIO**

Oct 23-Nov 21

You will be questioning your direction and what you want out of life, and you have been doing this for quite some time. Events that are likely to unfold, should give you a clearer picture in the path you should now take. You have already made the choice, you know need to understand why you've made it. Call now for a more detailed overview.

☎ 0906 585 4367



**SAGITTARIUS**

Nov 22-Dec 21

You have neglected your close friends over the past few weeks, and now is the time to try and make a mends. True friends will understand your reasons; so don't worry about telling the truth. Unexpected news will throw you this week. Chill out and be pleased for those it involves. Call now for more predictions.

☎ 0906 585 4368



**CAPRICORN**

Dec 22-Jan 19

Everything you do lately has seemed such an effort. This is about to change, as you will be guided with a new lease of life and energy. It will be hard for those around you not to have noticed the difference. As you are feeling top of the world, make sure you have a night out on the town with friends. Call now to hear how the full moon can spice up relationships.

☎ 0906 585 4369



**AQUARIUS**

Jan 20-Feb 18

This is a time for mending the recently broken bridges. Don't let your stubbornness get the better of you, as some things are really not worth fighting over. You should avoid making any critical business decisions around this time. An explosive relationship close to home will catch your attention. Call to hear why finances are under such lucky influences.

☎ 0906 585 4370



**PISCES**

Feb 19-Mar 20

Romance is set to improve; your only problem is fitting it in with your already full social calendar. It is hard to let people down, but you must follow your heart this time, and bear the consequences later. A project at work will finally draw to a close, and you should expect to be rewarded appropriately. Call now for a full reading.

☎ 0906 585 4371



## Music

### THURSDAY

**Holywell Music Room, Holywell Street, Oxford:** An Evening of Gershwin. Jack Gibbons opens the 24th annual season of his Summer Piano Series with his famous note-for-note recreations of Gershwin show-tune improvisations and concert works. £15, £18 on the door. 8pm. 01865 305305.

**The Hobgoblin, Sheep Street, Bicester:** Jambox Live. With London rockers Dogstate and more. 8.30pm. Free. 07540 812703.

### FRIDAY

**The Wheatsheaf, 68 George Street, Banbury:** Rock Night, with London rockers DogState, Shattered Dreams and more. 8pm. Free. 07540 812703.

**Exeter College Chapel, Turl Street, Oxford:** Father, Son and Godfathers. The musical-dynastic connections of the German baroque: CPE Bach (Fantasia über 'Jesu meines Lebens'), JS Bach (Zimmermann Coffeehouse Trios), Telemann (Hamburg Trio Sonatas), Pachelbel (Ciaccona). Featuring Charivari Agréable. 8pm. £16, senior £15, student £10. Jane Downer (baroque oboe and recorder), Holly Harman (baroque violin), Kah-Ming Ng (harpsichord). 01865 305305.

**Kings Arms Hotel, Market Square, Bicester:** Music from duo North Street, with hits from the past 60 plus years. Free admission 9pm. 01869 249040.

**White Horse, Daisy Hill, Duns Tew:** Pete McCray with soul and reggae.

9pm. Free. 01869 340272.

**White Horse, London Road, Headington:** Ear Candy. Duo mixing classic 60s pop with today's sounds. Everyone welcome. 9pm. 01865 762447.

### SATURDAY

**St Mary's Church, Horse Fair, Banbury:** National Youth Wind Orchestra of Great Britain. 7.30pm.

**The Six Bells, Church Street, Bicester:** Laurence. An evening of live music. 9pm. Free admission. 01869 253578.

### SUNDAY

**Exeter College Chapel, Turl Street, Oxford:** Early Music by Candlelight: Thy Word is a Lantern. Anthems, motets and choral music from Tudor to Georgian England. Byrd (Mass in 4 parts), Purcell (chapel royal verse anthems), Greene (Arise, shine, o Zion), Boyce (The Heavens declare), also anthems by John Amner and William Mundy. Featuring Charivari Agréable: Olwen Turchetta (soprano), Leo Tomita (countertenor) Simon Beston (tenor), Chris Bruerton (bass). 8pm. £18, senior £16, student £10. 01865 305305.

**Holywell Music Room, Holywell Street, Oxford:** An Evening of Beethoven. Pianist Jack Gibbons performs a programme of some of Beethoven's finest piano music, including the Moonlight, Pathétique and Appassionata Sonatas as part of his 24th annual Oxford Summer Piano Series. £15, £18 on the door. 8pm. 01865 305305.

**Merton College Chapel, Merton Street, Oxford:** The Trumpet Shall Sound. City of Oxford Orchestra performs: Handel, Fireworks Music (excerpts); Haydn, Trumpet Concerto; Mozart, Posthorn Serenade; Gershwin, Medley. £17. 8pm. 01865 305305.

### WEDNESDAY

**Exeter College Chapel, Turl Street, Oxford:** Baroque by Candlelight: Ah! Heaven! Sacred music for two countertenors Purcell, Blow, Monteverdi. Experience the mystical extinguishing of candles in the Couperin (Leçons de ténèbres). With Charivari Agréable (Henry Jones and John Lattimore, countertenor Kah-Ming Ng, chamber organ, Zak Ozmo, theorbo). 8pm. £18, OAP £16, student (NUS/SIC) £10. 01865 305305.

**Holywell Music Room, Holywell Street, Oxford:** Oxford Prom. Japanese pianist Mami Shikimori has been exciting audiences since appearing first on stage in 1996. This Oxford Prom recital includes Mozart's Rondo K511, Brahms's monumental Sonata No 3, Debussy Preludes, Ravel's arrangement of La Valse and the premiere of 7th Heaven by Oxford composer Tim Perkins, reflecting the mystical nature of the number 7. 315, £12 and £5. 7.30pm. 01865 305305.

## Theatre

**Mill Arts Centre, Spiceball Park, Banbury:**

Aug 11, *To Be Or Not To Be*. A workshop for children. 10am-1pm. £8. Taking classic plays and stories, making them hip, modern and relevant. Perfect for children who love creating and performing theatre. With Shona Edwards.

Aug 12, *Moon Magic*. Magic Theatre Company. 2pm. The Mill becomes a space shuttle, the audience are the passengers, on a thrill packed trip to the moon. What happens when the robot explodes? Will he survive the Asteroid storm? Who's set off the Alien Intruder Alarm? We'll need everyone's help to get back to earth in this funny and exciting children's theatre production. Suitable for 5-11 year olds and families. £6/£21 for a family ticket (4 people)

Box office: 01295 279002 (Mon-Fri 9am-8pm, Sat 10-8pm, Sun 11.30am-5pm).

**The Theatre, Spring Street, Chipping Norton:**

Aug 16, *The Orange Hat Circus Adventure* workshop. Enjoy Peggotty the Hen and her other puppet friends as they embark on an interactive performance. This

workshop includes well-known children's songs for plenty of fun interaction as well as original action songs, puppetry and stories. 10.30am. For children 6mths to 5 years. £7 (tea and coffee for carers).

Aug 18-19, *Living Word Walks*. Experience the town you thought you knew, go off the beaten track, and seeing the familiar with new eyes. Performers await to regale you with the best in poetry, prose and music from and about Oxfordshire. The walks start from Jaffe & Neale (90 minutes). Departing 5.45pm, 6pm, 6.15pm, 6.30pm, 6.45pm, 7pm, 7.15pm, 7.30pm, 7.45pm, 8pm and 8.15pm. £10.

Box office: 01608 642350, Mon-Fri 10am-6pm, Sat 10-2pm.

**Modern Art Oxford, 30 Pembroke Street, Oxford:** Aug 12, film screening, *Nathalie Granger*, PG.

Selected by exhibiting artist Haegue Yang, this film is set in a cluttered old house near Paris, which was director Marguerite Duras's own. Starring Lucia Bosé, Jeanne Moreau and Gérard Depardieu. £3. Booking essential, please call. 7pm. £3. Box office:

01865 813800.

**New Theatre, George Street, Oxford:**

Aug 18-20 *Guys and Dolls Jr.*, A junior version of the musical with Adelaide, Sky, Sarah and good old Nathan Detroit. Transporting you to 1940's New York, small time gambler Nathan bets his big time pal Sky Masterson that he can't make the next woman he sees fall in love with him, unfortunately for Sky she happens to be the neighbourhood missionary Sarah Brown. While Sky tries to woo Sarah, reluctant groom Nathan is giving poor fiancée Adelaide the run-around. 7.30pm, Sat matinée 2.30pm.

Aug 25, Alan Carr. The Chatty Man returns for his first tour in four years. 8pm.

Box office: 0844 847 1585 and 1588.

**Oxford Playhouse, Beaumont Street, Oxford:**

Aug 15-20, *Alarms and Excursions*, by Michael Frayn, examining with hilarious consequences, what happens when the modern world goes wrong. Mon-Thu, Sat 7.30pm, Thu, Sat 2.30pm, Fri 8pm. £27-£17.50. Post-show talk Thu matinée. Box office: 01865 305305.



**banburycake.co.uk/leisure**  
film reviews online

Enter events online at <http://events.banburycake.net>. Late amendments can be emailed to [listings@nqo.com](mailto:listings@nqo.com) Event listings must be received at least ten days before publication day

## Marking out family walks

A SERIES of new family-friendly walks across Oxfordshire, which are ideal for pushchair and wheelchair users, are now being highlighted online.

There are 40 routes for walkers of all ages, which take in a range of landscapes – from

meadows and woodlands to nature reserves and rivers.

They include 11 family-friendly routes, devised just in time for the summer holidays.

Information and maps on how to access green space in urban areas of the county is also available on the county council's

website – [oxfordshire.gov.uk](http://oxfordshire.gov.uk) – by clicking on the heading "Get out and about this summer".

Families can also take advantage of suggested countryside activities, which are aimed at children, aged three to 11.

Dan Weeks, the county's rights of way field officer, said the new walks were being highlighted to coincide with the start of school summer holidays.

The 33-year-old father-of-one, from Hook Norton, said his favourite walk with his three-year-old daughter, Olivia, was around Witney Lakes.

He added: "We have highlighted lots of easy walks for families that are under a mile-and-a-half long. "The countryside on our doorstep is such an asset and people should make the most of it, now that the school holidays are starting.

"There are educational benefits for children – they get to learn about the countryside and before they know it they are taking healthy exercise as well."

Locations suggested for family activities include Daeda's Wood in Deddington, Stoke Wood in Bicester, and Badbury Hill in Faringdon.

Activities range from learning about camouflage to listening to a countryside concert.

The information has been compiled by officers from the county council's Countryside Service.



Rights of way field officer Dan Weeks pictured with his daughter Olivia, on one of the walks

FREE



**ANYONE!  
ANYTIME!  
ANYWHERE!**

**Now everyone can read the Banbury Cake**

Just log onto

**[banburycake.co.uk/edition](http://banburycake.co.uk/edition)**



**We will send a copy of the paper to your email inbox every week for free**



# CLASSIFIED

education ▶ business ▶ notices ▶ jobs ▶ services ▶ holidays ▶ leisure ▶ items for sale ▶ motors ▶ property

01295 256111

## Special Thanks

## SPECIAL THANKS

### SHEPPARD



### Jason and Jayne

would like to thank all our relatives and friends who made our Wedding Day August 6th so memorable. A big thank you for our lovely cards and surprise wedding gifts.

See you after our Honeymoon in Barcelona. xxx

## Show Someone You Care....

Personal announcements are easy with the Banbury Cake

### Just £5 (incl VAT)

**Birthdays • Marriages  
Anniversaries • Births • Good luck  
Retirement • Engagements  
Thank you • Congratulations  
and anything else you would like to celebrate**

Call us on: **01295 256111**  
Pop into: 13 Market Place, Banbury  
Email us on: [banburycake@nqo.com](mailto:banburycake@nqo.com)

## CELEBRATE IN STYLE!

Just £5

Make it a birthday to remember...  
Call us on 01865 420420  
to place your family announcement

## ITEMS FOR SALE

### Antiques

**DRESSER** Oak with 2 drawers and 20" round mirror. Antique, oak, 2 drawers, Size: 17.5" deep (45 cm), 36" wide (91 cm), 60" (153 cm). Could deliver. £99. Tel. - 01295 730422

### Baby & Nursery Equipment

**CLEAN COT** and Mattress, FREE to take away Tel. - 01295 257982

**FISHER PRICE** Hop N Pop Activity Centre, has a few marks on the activity tray part in very clean condition (GWO) Lights up and Plays music when Baby Moves £20.00 Tel. - 01295 252135

**WOODEN PLAYPEN** £20.00, Fisher price Birth - Toddler Rocker Chair VGC £25.00, Bambino Seat £10.00, Tomy Dreamrider Back pack £15.00 Tel. - 01295 713701 or 07554 216883

### Bicycles

**CHILD'S** 14" Apollo Moonman bike, 3-5 years, good condition although chain guard damaged £30 Tel. - 01295 369313

**GENTS BIKE** Hybrid C x 10 Small Alloy Frame 21 Gears, Excellent Condition £85.00 Tel. - 07963 777763

**MANS BIKE** 24 Speed, Aluminium Trekking / Hybrid, Rear Luggage Carrier, Hub Dynamo, Rr/front Suspension, Shimano Gears, Ridden Twice £99.00 ono Tel. - 01280 702432

### Camping & Caravans

**MILENCO** Caravan Wheel Clamp £20.00 Tel. - 07824 344674

### Carpets & Flooring

**CARPET** 9' x 13' Light Brown Pattern, Brand New Unused £40.00 Tel. - 07749 030349

### Childrens Corner

**LITTLE TIKES** Outdoor Junior Activity Gym in Very Good Condition (H76 x W128 x D76cm) Ages 18mths - 4years £50.00 Tel. - 01295 252135

### Furniture & Furnishings

**DENVA CUPBOARD** on castors with shelf, 2ft 6in high x 2ft 9in wide x 1ft 4in in depth £30.00 VGC Tel. - 07751 562858

### Heating and Fireplaces

**CANON** Misermatic Deluxe Gas Fire, Teak Surround, Five Burners, Serviced £99.00 Tel. - 07813 255514

### Miscellaneous Sales

**CHRISTMAS TREE LIGHTS** 2 sets lights (1set 40 bulbs and 1 set 20 bulbs)Both in working order £5.00 each set Tel. - 07751 562858

**TRIPLE EXTENSION** Small Wooden Ladder 15 Run Total, VGC £10.00 ono Tel. - 07963 777763

**VHS VIDEO** Editor unused with Box & Instructions, Good Condition £10.00 Tel. - 01295 273574

**WALKING BOOTS** Ladies size 5, worn once, still in box £20.00 Tel. - 07751 562858

### Mobility

## DISABILITY PRODUCTS

**Do you need your scooter, electric wheelchair, stair lift, manual wheelchair serviced or repaired.**

**We can also supply new or pre owned scooters**

**Showrooms at: 2 Shipton Road, Woodstock Oxfordshire, OX20 1LL**

**Telephone: 01993 811891**

**[www.recare.co.uk](http://www.recare.co.uk)**

**WHEELCHAIR** Folding Type Enigma & Cushion £99.00 Tel. - 01295 276024

### Settees & Suites

**BARGAINS**  
BYRON CORNER SOFA (SEE ARGOS P.879)  
BRAND NEW & PACKAGED  
CAN DELIVER £275  
ALSO  
MILANO SOFAS (SEE ARGOS P.880)  
BRAND NEW & PACKAGED  
FROM ONLY £150  
TEL. 01179159991  
MOB. 07825040026

### Musical Instruments

**ARIA ELECTRIC GUITAR** Pink, Excellent Condition, Perfect for Beginner £50.00 ono Tel. - 01295 720177

### Prams and Pushchairs

**JANE** Power Track 360, comes with Matrix lay flat car set/carry cot, good clean condition, 3 wheeled off road pushchair, beige/brown £100 Tel. - 01295 369313

**GRACO** Pushchair & Carry Cot, Car Seat & Cosy Toes, Cream & Brown with Large Shopping Basket £50.00 Tel. - 01295 268918

### Tools

**ARC** Welder in Good Working Order £20.00 Tel. - 07837 003361

### Trailers & Towbars

**WOODEN TRAILER** 4ft x 2ft 6" with Lights £50.00 Tel. - 01295 254554

### TV, Video & DVD

**26" Panasonic** Analogue TV, Grey with Stand, Perfect Condition £25.00 Tel. - 01869 336275 (Deddington)

**28" TV** Toshiba with Stand, DVD Player Video Player, Freeview Box, G.V.O £30.00 the lot Tel. - 01295 276024

**IDEAL** Present for your kids, 22 Cartoon Movie Video Cassettes in Box. Good Condition Cheap Price, Buyer Collects £2.00 Tel. - Banbury 07902 737991

### Articles Wanted

**COLLECTOR** would like Military, Glass, Jewellery, Medals, Coins, Silver. All Items of Interest. Please call Keith on Tel. - 07746 294838 or 01295 257130

**COLLECTOR** would like OLD TOYS, Dinky, Corgi, Tin Plates etc.. Tel. - 07832 219822

**MODEL TRAINS** Wanted from Single Items to Complete Set Ups Tel. - Sam on - 07512 236160

**OLD** Fashioned Pictures and Costume Jewellery Wanted Tel. - 01295 254704

**OLD BOTTLES** All Types, Glass, Stoneware Also Old Flagons & Pot Lids Tel. - 07747 641726

To  
advertise  
your  
Services

Telephone:  
**01865  
420420**

[services@nqo.com](mailto:services@nqo.com)

### Curtains & Blinds

## RED HOT BLINDS SALE

Verticals, Rollers, Romans & more  
Measured and fitted by your local advisor

Call now for a free appointment

**0800 220 195**

[www.hillarys.co.uk](http://www.hillarys.co.uk)

Terms & conditions apply

**CURTAINS** Pink Lined 66" wide x 72" drop Brand New £10.00 Tel. - 07749 030349

### Domestic Appliances

**BOSCH** Intergrated Washing Machine, G.V.O £50.00 Tel. - 01295 263187

**PROLINE** Chest Freezer, Very Good Condition £35.00 Tel. - 07963 777762 (Banbury)

**TUMBLE DRYER** Creda £30.00 Tel. - 01295 276024

**WASHING MACHINE** Service Type £30.00 Tel. - 01295 276024

**WHIRLPOOL** Automatic Washing Machine in Good Working Order £45.00 Tel. - 07963 777762 (Banbury)

### Fishing & Shooting

**FISHING SEAT** Match 1 Box with Wheels £30.00 Tel. - 01295 255513

### Furniture & Furnishings

**PARKER** KNOLL Armchair £25.00 Tel. - 01295 811497

**DINING TABLE** & 4 Chairs, Wooden £50.00 Tel. - 01295 276024

**BEDSIDE CABINETS** x 2 (3 drawers) £20.00 Tel. - 01295 276024

### Furniture & Furnishings

**SUITE** 2 seater Sofa and Electric Recliner Chair, Beige Colour £99.00 Tel. - 01295 276024

### G - PLAN

Cream Patterned 2 Seater Settee & 2 Electric Recliners. Very Good Condition, 2yrs Old (cost £3,000) Will Except £500 ovno  
**01295 263187**  
Buyer Must Collect

**2 SEATER SETTEE** Mainly Brown in Colour, Very Good Condition £35.00 Tel. - 07963 777762 (Banbury)

**DENVA COFFEE TABLE** on castors with drawer 1ft 5in high x 3ft 6in wide x 1ft 8in depth £30.00 VGC Tel. - 07751 562858

### Glass, Mirrors & Pictures

**MIRROR** Free Standing Full Length £20.00 Tel. - 01295 276024

### Kitchens

Focus in administration 1000 kitchens to clear.

High gloss kitchen with appliances was £3000 now £595.

Real wood kitchens with appliances was £5000 now £795.

**0121 2700 220**  
**07588986415**

### Miscellaneous Sales

**SPEEDWAY** Programmes 1960's and 1970's from £1.00 each Tel. - 01295 259345

**BLACK** Small Satellite Dish, Good Condition, Cheap Price, Buyer Must Collect £5.00 Tel. - Banbury 07902 737991

**SLIDE - OUT** Frame for Kitchen Cupboard, Hanging Baskets Unused £5.00 Tel. - 01295 255173

**OVER 20** Original Daily National Newspapers 1925 to 1980's £20.00 Tel. - 01295 273574

**AIR COMPRESSOR** in Good Working Order £75.00 Tel. - 07837 003361

**RUBBER CAR MATS** for Skoda Octavia £15.00 Tel. - 07824 344674



**Pets**

Any persons who trade in the buying and selling of dogs and cats and wish to advertise must provide a copy of their licence before the first insertion. Potential purchasers are strongly recommended to see the puppy with the mother.

**Birds**

**Pets For Sale**



**TALKING PARROT**

lovely green and blue bird  
with cage 6 months old,  
possible delivery  
£185  
**079094 24610 or**  
**01865 811777**



**TORTOISES**

Local breeder.  
30 years experienced  
Hermanns. Spurs.  
avoid the risk of buying  
from dealers.  
August  
Special offer from £69  
Tel **01327 860465**

**To advertise your articles for sale or general services**

**Telephone:**  
**01865 420420**  
**email: reception@nqo.com**

## PROPERTY

**Private Property To Let**

**Houses and Flats to Let**

**SINGLE ROOMS**

To rent near town centre

**£300 pcm all inclusive**

Call **07525 033647**

**Property To Let**

**Pontings Offer**

**Two/Three Bedroom House** **One Bed Town Centre Flat**

Warwick Road, Banbury **£550.00 pcm.**

**£725.00 pcm.** **07824 394474**

**Your home goes here.**

Local media is used by 40% more property buyers than any other media channel.\*

To find out more go to  
[www.thewantedads.co.uk/property](http://www.thewantedads.co.uk/property)

**the wanted ads** **Property**

**NS the voice of local media**

# YOUR LOCAL SERVICES

**Building and Decorating**

**Chris Herbert Building Contractors**


*All general building work including extensions*

UPVC Windows, Doors, Fascias and Guttering

*Kitchens & Bathrooms*

*Block Paved Driveways*

**Tel: 01295 276673**  
**07775 988448**



**ANYONE! ANYTIME! ANYWHERE!**

Now everyone can read the Banbury Cake

Just log onto  
[banburycake.co.uk/eedition](http://banburycake.co.uk/eedition)

**HANDY MAN SERVICES**

- UPVC
- FASCIA
- SOFFITS
- GUTTERING
- FENCING
- GARDENING
- PAINTING

FREE QUOTES AND ADVICE Call  
**0800 8589155**  
**07407 354 715**

**Carpentry and Joinery**

**B.M. CARPENTRY**

For all your carpentry requirements

For a **FREE QUOTE**

Please Call:  
**T: 01295 268999**  
**M: 07958 544939**

**Carpet Cleaning**

**PRO-CLEAN**

Family Business (Formerly CHEMCLEAN)

NOT part of a franchise or national company, we take pride in the high quality, personal service only a truly local company can offer.

Prices from:

Bedroom	£35	Quality Cleaning of Carpets & Upholstery
Hall, Stairs & Landing	£35	
Lounge	£40	
Dining Room	£35	
Rugs	£20	
Upholstery	£25	
Curtains	£4m <sup>2</sup>	

Domestic & Commercial

Contact Neil for a free, no obligation quotation  
Tel :- (01295) 701391 Mobile :- (07958) 966653  
proclean@post.com [www.pro-clean.org](http://www.pro-clean.org)

**Carpet Fitting**

**STEVE ORME CARPETS**

01295 758788

**PRICE BEATERS**

Quality Service Value  
Direct to your Door

Quality carpets & vinyls, supplied & fitted

**01295 750786**  
(24 Hours)  
**07774 179759**

**Computer**

**Andy's Computer Services**

**Repairs Upgrades**

**Internet Problems Networking**

**Virus Removal PC Health Check**

**Tel: 01295 712671 or 07867 878098**

**Your friendly PC Doctor**  
[www.acservices.plus.com](http://www.acservices.plus.com)

**Chiropody**

**FLEET FEET**

LIZ SPINK

INST Ch And Pod

Chiropodist

**HOME SERVICE**

Tel: 01295 255866  
Mobile: 07860 134138

**Advertise Online**

**24/7**

[www.banburycake.co.uk](http://www.banburycake.co.uk)

**Electricians**

**R W CURRIION ELECTRICAL**

Fully Qualified

Part P Electrician

All electrical work Undertaken

Free Quotes  
**T: 01295 265414**  
**M: 07740 100378**  
[enquiries@rwcurreion-electrical.co.uk](mailto:enquiries@rwcurreion-electrical.co.uk)  
[www.rwcurreion-electrical.co.uk](http://www.rwcurreion-electrical.co.uk)

**Double Glazing Repairs**

**DOUBLE GLAZING - REPAIRS -**

All types of windows and doors

Misty or broken glass

Faulty or broken hinges

Handles and locks

For your specialist call  
Ian Murphy:  
**01295 261700**

**Drain Cleaning**

**BLOCKED DRAINS?** All types of blockages undertaken. Bourton Drain Services 01295 758303

**HOW can you PAY?**

VISA MASTERCARD AMERICAN EXPRESS DEBIT

**01295 256111**

**Fencing Services**

**HOME MAINTENANCE**

**S.R.D FENCING AND PATIOS**

*Fencing, landscaping, patios, paths, decking, drives, shingle, garden clearance, guttering, brick walls.*

No job too small

For free quote call Danny on  
**01295 271210 or 07989 774289**

**QUOTE BANBURY CAKE FOR YOUR 10% DISCONT**

[www.srdfencing.co.uk](http://www.srdfencing.co.uk)

**Gardening Maintenance**

**SHEDS**

See our display at

**Norton Leisure Buildings**

Banbury Rd, Chipping Norton, OX7 5SY.  
**01608 643784**

Also

**S.R. Barrett**

14B The Parade, Kidlington, Oxford, OX5 1DB.  
**01865 379007**

Manufactured by IN SHEDS. [www.insheds.co.uk](http://www.insheds.co.uk)  
01858 575618

**Fencing Services**

**LINEAR FENCING & LANDSCAPING**

- Fencing • Gates • Driveways
- Patio • Deckings • Turfing
- Paving • All hard landscaping

Fully Insured

[www.linearlandscaping.co.uk](http://www.linearlandscaping.co.uk)  
01295 270772 • 07739414530

**Free No Obligation Quotes**

**Cherwell FENCING**

Professional fencing contractors

**Close Board Specialist, Gates, Decking and Security Fencing.**

Fully Insured, for a FREE no obligation quote or advice please call  
**01295 758330 / 07828 129907**

**Furniture & Furnishings**

**ANYONE! ANYTIME! ANYWHERE!**

Now everyone can read the Banbury Cake

[banburycake.co.uk/eedition](http://banburycake.co.uk/eedition)

**Heating Services**

**J LEVETT GAS SERVICES**

Complete Central Heating & Gas Solutions

- Specialising in central heating & boiler replacements.
- Worcester Bosch A rated energy efficient
- British Gas Approved
- Warm Front Registered

Contact: James Levett  
**07940 341388 / 01295 250913**

**Pest Control**

**BANBURY PEST CONTROL**

WASPS, ANTS, FLEAS, FLIES, RATS, MICE, COCKROACHES, BEDBUGS

**"WE BEAT ANY QUOTE"**

**07838 368700**  
**01295 255860**  
[www.banburypestcontrol.co.uk](http://www.banburypestcontrol.co.uk)

**To advertise your articles for sale**

Telephone: 01865 420420 email: [reception@nqo.com](mailto:reception@nqo.com)



# YOUR LOCAL SERVICES

## Plumbing and Heating

**J H Daniels**  
**Boiler Services**

- \* Boiler servicing \* Installs
- \* Breakdowns \* Landlords
- \* Plumbing \* Gas-safe reg.
- \* Worcester-Bosch accredited

Call now on  
**01295 265114 or 07747 896280**  
All major debit/credit cards accepted

## MT Plumbing & Tiling

For all your domestic plumbing and tiling needs, quality bathrooms installed. No job too small. No call out charge. Call for a competitive quote

Tel: 07973 923362 and  
01295 720075

## STEVE PALMER & STEVE PALMER

**Palmer's The Plumbers**

**SMALL PLUMBING JOBS & REPAIRS EVERYDAY**  
TAPS • OVERFLOWS • WC REPAIRS

**07932 567791 - 01295 263620**  
IF UNDER £50 - CASH PREFERRED

## D W REDHEAD

**ALL ASPECTS OF PLUMBING & HEATING**  
By qualified Plumber  
Established in Banbury 36 years  
Please Note New Number  
**01295 812301**  
**07774 653048**

## SOMETHING to Sell?

Call us NOW on  
**01295 256111**

## Removals

## TC REMOVALS

- Small to Large House Moves & Storage
- Office Moves, Flats, Pianos & Single Items
- Local & National
- Prompt, Reliable & Friendly Service

**Tel: 01295 270952 (Gary)**  
**0782 5517599**

**GEORGES REMOVALS**  
House Clearance  
Tel: 01295 268401

## Telecommunications

## Telephone Extensions and Wiring

By retired BT engineer  
Quality work at competitive prices  
**TEL: 07986538599**

## Trees and Timber

### P. BRADLEY



**FREE Quotes Any Time** Council Approved  
10 million Public Liability Insurance  
Emergency Work.  
TREE FELLING / SURGERY / HEDGES CUT etc...  
50 years in Business  
**01295 264716 / 07768 527162**

## TREETOPS.COM LTD

Tree surgery by NPTC qualified staff  
For free, no obligation quotations contact

### Mr Timothy C. Rose

Council Approved Contractors  
5 million pound public liability insurance

Wood chip sales

Telephone/Answer/Fax: 01295 262247  
[www.treetops.uk.com](http://www.treetops.uk.com)

## TV and Video Services

**TV & LCD Repairs**

- Aerial installation and repairs
- Microwaves & all domestic repairs
- No call out charge
- Free estimates

**Phone Roger Morley**  
**01295-770076 eve.**  
**01789-269-078 day**

**BIG MAN**  
**Small Van**  
**01295 419 940**  
**07919 322 101**  
24/7 • Cheap Rates

## ENTERTAINMENTS

### Car Boot Sales

## GRAND CARBOOT

Peter's Paddock  
at Blackthorn, nr Bicester B4011  
EVERY SUNDAY 1pm Start ALL WELCOME  
No Admission Charge Charity Stalls Free Any size vehicle £7  
**Tel: 07786 607097**

### Garden Centres

## LOCAL PLANT NURSERY

Visit our local nursery near Kidlington for a fantastic selection of plants, trees and hedging (up to half shop prices)  
**Recycled Waterbutts £12 (3 for £33).**  
[www.bunkershillgardenshop.co.uk](http://www.bunkershillgardenshop.co.uk)

The Good Value Plant Nursery  
Bunkers Hill, Oxford OX5 3BA  
Open each day 10am-6pm (Closed Tuesdays)  
01869 331 492

## What's On

The Annual **Warwickshire & West Midlands GAME & Country FAIR**  
Welsh Horse Yearling  
August Bank Holiday  
**Sat 27, Sun 28, Mon 29 Aug**  
**NEW 3-DAY DATE!!**  
**RAGLEY HALL ALCESTER**  
**WARWICKSHIRE**

**WHAT'S ON:**

- Continuous Arena Events from 11am
- Exhibitions, Displays & Demos • Falconry Displays
- Demos by TV's CHRIS GREEN • Vintage Land Rover Displays
- Roll's Hoyle Display • Whippet Racing • Craft & Antiques Fair
- Full Catering & Bars • Ferrets Show Mon. Come & Have A Go ALL
- Clay Shoot • Laser & Lunch Shows • Dog Agility • Hystory
- Fun Dog Shows • Gundog Events • Airguns • Archery
- Kids Quads • HUGE Woodland Adventure Playground

**SHOP AT QUALITY TRADE STANDS!**  
**Fun For The Whole Family!**  
Adults £11, Children £4, Under 5's FREE!  
Starts 10am-6pm. Free Car Parking  
Dogs on leads welcome. SAT NAV: B49 5N7  
Enquiries: 01588 672708 [www.countryfairs.info](http://www.countryfairs.info)

All information correct at time of going to press.  
The organisers reserve the right to change any of the above due to unforeseen circumstances.

## Advertise Online

**24/7**

[www.banburycake.co.uk](http://www.banburycake.co.uk)



**ANYONE!  
ANYTIME!  
ANYWHERE!**

Now everyone can read the Banbury Cake

Just log onto

[banburycake.co.uk/eedition](http://banburycake.co.uk/eedition)



We will send a copy of the paper to your email inbox every week for free

## JOBS



OAA is one of the leading international providers of innovative airline pilot training courses with locations in Europe, America, Asia Pacific and Australia. We currently invite applications for the posts detailed below based at London Oxford Airport, Kidlington.

### Assistant Training Co-ordinator – Flight Training

We seek a full-time administrative assistant to work in our Flight Training Department as co-ordinator to the Operations Support team. The individual appointed will play a key role in ensuring the effective use of OAA's aircraft and simulator fleet and will be required to operate computer based planning systems in support of the Academy's flight training programme in the UK.

### Modular Ground Training Administrative Assistant

This is a busy part time role which combines administrative support for OAA's Ground Training Department and a wide range of students conducting training both at the Kidlington facility as well as world-wide using distance learning systems developed by the Academy. Normal working hours are 0915 to 1445 daily but some flexibility may be possible.

Applicants for either role will need to demonstrate a high level of customer service skills in addition to being flexible, well organised and a good communicator. Familiarity with the use of IT systems generally and a proven ability to use MS Word & Excel are pre-requisites. A high level of motivation and the ability to work in a dynamic, rapidly changing environment are both essential.

Applications indicating current salary should be made online at the company website [www.oaa.com](http://www.oaa.com) or sent to Mary Singleton, Manager - HR, Oxford Aviation Academy, Oxford Airport, Kidlington OX5 1QX or [mary.singleton@oaa.com](mailto:mary.singleton@oaa.com)

The closing date for applications is 5 pm on Monday 15 August 2011.

## EXHIBITION CARPENTERS

EXPERIENCE ESSENTIAL

e-mail: [info@parkdisplay.co.uk](mailto:info@parkdisplay.co.uk)  
Toni 01869 245703

Bicester, Oxon OX26 4LD



**Formula 1 and Indy Car Exhaust Manufacturer**

As a result of high demand for our products we are expanding and have vacancies for the following positions

### Skilled Fabricators / TIG Welders

You **must** be able to work from engineering drawings, have excellent TIG welding abilities and work to a high standard with thin gauge materials.

### Insulation Engineers

Sheet metal experience and a knowledge of spot welding required.

**Tube Manipulation Engineer**  
Sheet metal experience and a knowledge of Brake Presses required.

Excellent pay and working conditions.  
Please apply in writing with your CV quoting the position that you are interested in.

Please view our website for further details of these vacancies.  
e-mail: [sbarron@sstubeotechnology.com](mailto:sbarron@sstubeotechnology.com) with your CV OR by post to

SS Tube Technology Ltd, Sutton Farm,  
Sutton, Witney, OX29 5RD  
[www.sstubeotechnology.com](http://www.sstubeotechnology.com)

**JOBS 01865 420420**



## JOBS

### Office Manager – P/T

Energetic person to manage complementary health Association.  
Contact  
The Radionic Association,  
Deddington, Oxon OX15 0SZ,  
email: secretary@radionic.co.uk  
Tel 01869-338852.

### TEMPORARY DISTRIBUTORS REQUIRED

To deliver the Thomson Local in Oxford, Abingdon, Wallingford, Wantage, Faringdon, Witney, Woodstock, Chipping Norton, Bicester and surrounding areas.

Good rates of pay and Flexible Working Hours  
You will need a car to Transport your Directories

Call 01252 390990

www.thomsondirectories.com/distribution  
Text OXF to 07786 208008

## Learn how to take blood TRAIN AS A PHLEBOTOMIST

NOW IN OXFORD  
FOR ONE WEEK ONLY

### TWO DAY COURSES

leading to a Certificate of Completion in Phlebotomy

#### BANK PHLEBOTOMISTS URGENTLY REQUIRED



HIGH DEMAND IN HOSPITALS, G.P. SURGERIES, COMMUNITY, PRIVATE SECTOR, MILITARY, ETC.

No previous experience or qualifications necessary

BOOK ONLINE: **Geopace Training**

www.geopace.com

## Customer Services - Administrator Chipping Warden Salary Negotiable

### Depending on experience, skills and qualifications

AutoXP is the premier provider in our sector and is retained by leading automotive manufacturers to manage all aspects of their experiential marketing and test drive fleets for activity in the corporate car sector.

Due to AutoXP's continued expansion into the automotive sector we are looking to recruit a Customer Service Administrator.

Our Customer Services Administrators liaise with customers using telephone, emails and letters with clients. Attention to detail is critical as we provide a brand experience on behalf our clients.

Customer service experience would be an advantage together with proven telephone, administration and key IT skills. The ability to work to deadlines in our fast paced environment is essential.

We offer product knowledge training and the opportunity to progress within our organisation.  
Please telephone Paula Tillen on 01494 471871 for further information and an application form.

### AutoXP

Unit 3, EPS Industrial Estate, Appletree Road, Chipping Warden, OX17 1LL.

CLASSIFIED ADVERTISING  
01295 256111



Helen and Douglas House is a charity based in Oxford that provides hospice care to children and young adults, and their families. Our mission is to add quality, time and depth to shortened lives using the skills of our whole team. We provide a range of services including acute medical and nursing care, specialist palliative care and medically supported short breaks.

## Relief Shop Supervisors (Bank Staff)

Salary: £13,903 pro rata (£7.13 per hour depending on shift)

Ref: HDH0279R

We are seeking to establish a pool of Relief Shop Supervisors to provide extra resilience during times of annual leave or unplanned absence. We are looking for motivated and creative individuals to provide shop supervision cover on a flexible basis.

Retail experience is highly desirable and previous experience of working in a charity shop would be an advantage. Full training will be provided.

Closing date for applications: 21st August 2011

An application pack can be downloaded from our website at [www.helenanddouglas.org.uk/get\\_involved/working-for-us/vacancies/](http://www.helenanddouglas.org.uk/get_involved/working-for-us/vacancies/) or e-mail [recruitment@helenanddouglas.org.uk](mailto:recruitment@helenanddouglas.org.uk), or contact the HR team on 01865 794749.

Please note that we only accept Helen and Douglas application forms and not CVs.

Helen & Douglas House is an equal opportunities employer and welcomes applicants from all sections of the community. Helen & Douglas House is a no smoking environment. All Staff working within Helen & Douglas House are required to undertake a Criminal Records Bureau check.

Helen & Douglas House, 14A Magdalen Road, Oxford OX4 1RZ

Registered charity no: 1085951

banburycake.co.uk/jobs  
**STILL  
LOOKING  
AND NOT  
FINDING  
WHAT  
YOU  
WANT??**



## Customer Services Executive (Maternity Cover – 9 Months)

Wanthelook.com is an expanding e-commerce business in the hair & beauty industry.

You will have experience in delivering high levels of customer care. Along with a clear and confident telephone manner you will have the ability to communicate effectively with a wide range of customers.

In addition, you will place stock orders with suppliers through the use of our bespoke Stock Ordering software.

### Skills/Experience:

Previous experience in a similar position essential. You will have a professional telephone manner, be highly motivated, confident, punctual, have a willingness to learn, adaptable, ambitious with excellent interpersonal and organisational skills.

Start Date – Late September

Please forward your C.V, covering letter and salary expectations to:  
Ray Hung, Operations Manager - [rhung@wanthelook.com](mailto:rhung@wanthelook.com)

Closing date - Friday 19<sup>th</sup> August 2011

## EDUCATION

# Courses still available for September!

If you want to start college this September, we still have some places at Oxford & Cherwell Valley College – but you need to act quickly!

Come to our **Advice and Guidance Days** to find out more and apply.

**25th & 26th August  
10.00am - 3.00pm**

**Oxford City Centre & Banbury campuses**

Don't forget to look at our courses at [www.ocvc.ac.uk](http://www.ocvc.ac.uk) too.

[enquiries@ocvc.ac.uk](mailto:enquiries@ocvc.ac.uk) | [www.ocvc.ac.uk](http://www.ocvc.ac.uk) | 01865 550550

**OXFORD  
& CHERWELL VALLEY  
COLLEGE**





# LEIGH

Independent Estate Agents & Property Rentals

www.leighestateagents.co.uk

For a FREE market appraisal and fees.

**01295 258254.**

6 Horse Fair, Banbury, Oxon, OX16 0AA



**£224,950**

**Cheney Road**

• ^ Detached house ^ Three bedrooms ^ Two reception rooms ^ Kitchen ^ Conservatory ^ Good size garden ^ Garage and driveway ^ No chain



**£199,950**

**Pinhill Road**

• ^ THREE BEDROOM SEMI DETACHED ^ LOUNGE ^ REFITTED KITCHEN ^ FAMILY ROOM ^ DINING ROOM ^ REFITTED FAMILY BATHROOM ^ DRIVEWAY ^ GARAGE AND WORK SHOP ^ EASY ACCESS TO TOWN ^ VIEWING ADVISED



**£184,950**

**Ridge Close**

• This property offers:- ^ Split level accommodation ^ Kitchen/ diner ^ lounge ^ family bathroom ^ Four bedrooms ^ Gardens to rear, side and front ^ Driveway ^ No Chain



**£159,950**  
**Causeway**

• ^ Two bedrooms ^ Lounge ^ Kitchen/ diner ^ Good size bathroom ^ Garden with large brick building ideal for conversion ^ Ideal location for commuters ^ No chain ^ Gas central heating



**£159,000**

**Bretch Hill**

• This property Offers:- ^ Lounge ^ Kitchen/ diner ^ Conservatory ^ Three Bedrooms ^ Family bathroom ^ Rear garden ^ Driveway ^ No chain



**No chain**

**£149,950**

**Warwick Road**

• This property offers:- ^ Three bedrooms ^ Two reception rooms ^ Kitchen ^ Bathroom ^ Garden ^ Close to the town centre ^ No chain ^ Would benefit from some modernisation ^ Gas central heating ^ Double glazing



**£149,950**

**Danesmoor**

• ^ Mid Terrace ^ Three bedrooms ^ Large lounge/ diner ^ Re-fitted bathroom ^ Enclosed garden ^ Gas central heating



**£149,000**

**91 Alma Road**

• ^ A very spacious first floor apartment ^ two bedrooms, master bedroom with en-suite ^ good size lounge/ diner ^ good size main bathroom ^ allocated parking ^ no chain



**£154,950**

**Waltham Gardens**

• ^ Two bedrooms ^ Kitchen ^ Lounge/ diner ^ Bathroom ^ Enclosed garden ^ Parking ^ No chain



**£139,950**

**Orchard Way**

• ^ Two bedrooms ^ Lounge/ diner ^ Kitchen ^ Bathroom ^ Enclosed Garden ^ No Chain ^ Terrace ^ Gas central heating ^ Would benefit from some updating



**No chain**

**£95,000**

**Guardian Court**

• ^ Top floor two bedroom retirement apartment ^ Lounge with balcony over looking the gardens ^ Kitchen ^ Shower room ^ Communal lounge and gardens ^ Easy reach of the town centre ^ Over 60's



**New Price**

**£99,500**

**South Street**

• This property offers :- ^ Top floor One bedroom apartment ^ Bathroom ^ Kitchen ^ Lounge ^ allocated parking



**£115,000**

**Settler House**

• ^ Ground floor ^ One bedroom ^ Re fitted bathroom ^ Re fitted kitchen ^ Single garage ^ No Chain ^ All electric ^ Viewing recommended



**£175,000**

**Ivatt Walk**

• This property offers:- ^ Kitchen ^ Lounge/ diner ^ Ground floor w/c ^ Refitted bathroom ^ good size corner plot ^ Detached garage and parking ^ Must View



**£159,950**

**Chester way**

• This property offers :- ^ four bedroom family home ^ Lounge ^ Dining room ^ Kitchen ^ Ground floor w/c ^ Family bathroom ^ Outbuilding ^ Enclosed rear garden

## Your home goes here.

Local media is used by  
40% more property buyers than  
any other media channel.\*

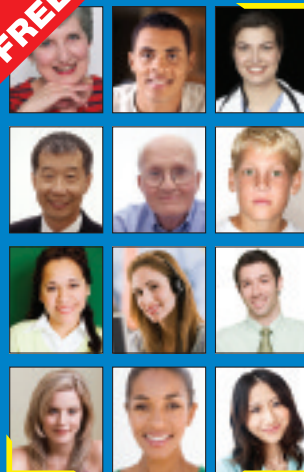
To find out more go to  
[www.thewantedads.co.uk/property](http://www.thewantedads.co.uk/property)

**the wanted ads**  
Property

**NS** the voice of  
local media

\*Source: Continental Research 2008: 57% of respondents stated that they used local media as a source of information when looking to buy/rent. Local media: local newspapers, websites and supplements.

**FREE**



**ANYONE!  
ANYTIME!  
ANYWHERE!**

Now everyone can read the Banbury Cake

Just log onto

[banburycake.co.uk/eedition](http://banburycake.co.uk/eedition)



We will send a copy of the  
paper to your email inbox  
every week for free

One day the  
person who  
delivered this  
newspaper  
may need  
our help



For more information on how to help the homeless, please contact the Newstrade team on 01371 874798 or visit [www.newstrade.org.uk](http://www.newstrade.org.uk)

**NewstrAid**

The helping hand of the Newstrade

OLD BEN

MEMBERSHIP & DONATIONS: 01371 874798. NEWSPAPER: 01371 874798. WEBSITE: [www.newstrade.org.uk](http://www.newstrade.org.uk)



# MARTIN&CO

the UK's No1 letting agent

## LANDLORDS!! WE WANT YOUR PROPERTY

**MARTIN&CO**  
the UK's No1 letting agent

AWARD WINNING AGENCY

CALL NOW FOR A FREE  
MARKET APPRAISAL

### Why use the UK's No1 letting agency

**FACT** Martin & Co have successfully, and consistently, secured more tenants for their Landlords than any other letting agent

**FACT** Martin & Co is recognised as having the most browsed letting agent website, providing your property with the widest possible coverage

**FACT** Only Martin & Co can provide the Promise Plus rent guarantee scheme, which covers your property, not your tenant, with no excess periods

**FACT** Martin & Co provide total national coverage and prolific marketing power, coupled with the personal care pertinent to sole ownership

**FACT** Our experienced and dedicated staff provides qualified advice from our prestigious office, located in the High Street, Banbury

**FACT** We professionally reference and vet all our prospective tenants through Homelet, our external referencing company

**FACT** A high level of Landlord security is provided for all corporate tenancies, further enhanced by efficient ease of occupation

### Properties of the week

**Newlands Road  
£525 pcm**



1 bedroom penthouse apartment close to the town centre. Ideal starter home, available now.

**Leighsanne Court  
£525 pcm**



1 bedroom top floor apartment in a quiet residential part of town. Available now.

**Grimsbury  
£550 pcm**



1 bedroom ground floor apartment which has recently been refurbished and offers off road parking.

**Hanwell Fields  
£650 pcm**



Modern 2 bedroom apartment in the popular Hanwell Fields development. Available now.

**Banbury  
£800 pcm**



3 bedroom town house with allocated parking and decked rear garden, close to town centre.

**Banbury  
£825 pcm**



3 bedroom town house close to the town centre with allocated parking. Available September.

### Martin & Co Property of the Week

#### Woodford Halse £950 pcm

Martin and Co are pleased to offer this 4 bedroom family home to the market. The property is situated in the popular village of Woodford Halse. The village benefits from a hair salon, local shop, good schools and a doctors surgery. Banbury town is a short drive from the village but there is a regular bus service also. The property is located towards the edge of the village in a prestigious close.

The property comprises of entrance hall, family living room, dining room and kitchen. There are 4 large bedrooms and a family bathroom.

There is a beautiful rear garden, garage and driveway.

The property is available now.

Call 01295 701773 to book your viewing.



Martin & Co, Registered Office: Cross House, 38 High Street, Banbury, Oxfordshire OX16 5ET

**t: 01295 701 773**

**f: 01295 701 774**

e: [banbury@martinco.com](mailto:banbury@martinco.com)

w: [banbury-martinco.co.uk](http://banbury-martinco.co.uk)



VAT No. 807 5500 43 Registered in England No. 4640785





# Country Car

## Prestige, Performance and Four Wheel Drives

### Audi

Alfa Romeo Spider V6 Q4 3.2 Convertible, 2006, Brilliant Red, 14,000mls, air con, alloys, e/roof, CD player, leather, aluminium pack.....	£11999
Audi A3 1.6 Special Edition, 2008, Metallic Black, 27,000mls, air con, radio CD player, alloys, r/lock.....	£11499
Audi A4 S Line Automatic Convertible, 2005, Metallic Grey, 45,000mls, leather, climate, h/seats, e/seats.....	£9999
Audi A4 2.0T FSI SE 2005/55, Metallic Blue, 52,000mls climate control, alloys, r/lock, CD player, air bags.....	£7699
Audi A4 2.5 TDI Sport Convertible, 2005, Metallic Grey, 67,000mls, climate control, alloys, e/roof, CD player, r/lock, tilt wheel, e/windows.....	£9799
Audi A4 Avant 2.0 TDI 140 M/Tronic, 2006/56, Liquid blue met, 60,000mls, climate control, alloys, CD player, r/lock, roof bars, folding seats.....	£9799
Audi A6 2.0 TDV SE Estate, 2006/56, Metallic Blue, 78,000mls, climate, sat nav, telephone, CD, 6 speed, multifunction steering wheel.....	£9699
Audi A6 3.0 TDI Quattro SE Tiptronic Auto, 2004/54, Metallic Blue, 70,000mls, leather, CD, alloys, cruise, abs.....	£9499
Audi A6 2.0 TDI SE Auto, 2007/57, Metallic Blue, 81,000mls, climate, sat nav, telephone, alloys, Cruise control, r/lock, tints.....	£9499

### BMW

Bmw 318i SE Touring Estate 2006/56 Brilliant Black 49,000mls Leather, sunroof, climate, alloys, 1 owner.....	£10699
BMW Z3 Convertible, 1999/V, Metallic Silver, 50,000mls, leather, electric roof, CD, e/seats, fogs.....	£4999
BMW 318i 2.0 Ci Coupe, 2005/55, Metallic Grey, 51,000mls, climate, CD, alloys, r/lock, tints.....	£6799
BMW 325i SE, 2004, Metallic Blue, 64,000mls, leather, alpine kit, climate, CD, r/lock, PDC, cruise.....	£6299
Bmw 325i SE Saloon 2005 Metallic Silver, 26,000mls, climate, cruise, alloys, electrics.....	£9699
BMW 320 CD Sport Coupe, 2005/55, Metallic Silver, 51,000mls, sport trim, climate control, r/lock alloys, CD player, park distance control, remote boot release.....	£9799
BMW 330 Ci SE Coupe, 2004, Metallic Silver, 26,000mls, climate, cruise, alloys, park distance, CD Leather, tints, radio stereo.....	£8499
BMW 320 Diesel, 2007/57, Metallic Grey, 60,000mls, climate control, alloys, CD, r/lock, cruise control, fogs, r/lock, e, windows, mirrors, tints.....	£10499
BMW 523i SE Auto, 2006, Metallic Grey, 56,000mls, climate control, alloys, r/lock, cruise control.....	£8999
BMW 330 Diesel Touring, 2006/56, Metallic Blue, 66,000mls, climate, alloys, CD, roof rails PDC, r/lock.....	£11699
BMW Z4 2.5 Se Auto, 2005/55, Metallic Silver, 30,000mls, leather, heated seats, CD, e/roof, alloys.....	£10999
BMW 730 Diesel SE, 2006, Metallic Grey, 70,000mls, magnolia leather, climate, PDC, cruise, electric Seats, heated seats, rear head rests, CD player, remote boot release.....	£12999

### Citreon

Citreon C4 2.0 VTR+, 2005/55, Metallic Blue, 48,000mls, air con, alloys, r/lock, CD, fogs, tints.....	£3999
---	-------

### Chrysler

Chrysler 300CRD Diesel Estate 2007, Metallic Silver, 53,000mls, leather, sat nav, cruise, alloys, diamond grill, e/seats, radio CD player.....	£10299
--	--------

### Jeep

Jeep Cherokee e.e. 2.8 CRD Renegade, Metallic Silver, 70,000mls, air con, CD, alloys, roof rails, r/lock.....	£6499
---	-------

### Jaguar

Jaguar X Type 2.2 D Se, 2005/55, Metallic Blue, 50,000mls, leather, air con, sat nav, alloys, cruise.....	£7499
Jaguar X Type 2.5 V6 Sport Premium, 2005, Metallic Blue, 57,000mls, sports leather, alloys, air con, tints, r/lock, wood pack.....	£5499
Jaguar X Type 2.1 V6 SE, 50,000mls, Metallic Blue, 2004, grey leather, alloys, CD, rear rests, tints, r/lock CD player, e/seats.....	£3999
Jaguar S Type 2.5 V6 Sport Auto 2002 Metallic Silver 55,000mls, Leather, climate, alloys, electrics.....	£4999
Jaguar S Type 2.5 Se Auto 2004/54, Metallic Blue, 49,000mls, sat nav, leather, alloys, climate Control.....	£6799
Jaguar XK8 4.0 Supercharged Convertible, 2002, Brilliant Black, 90,000mls, leather, climate, sat nav, cruise control, e/roof, alloys, CD player, r/lock, e/seats, memory seats.....	£10999
Jaguar XK8 4.2 Coupe Auto, 2003/53, Metallic Blue, 67,000mls, air con, leather, CD, alloys, r/lock.....	£10999

### Ford

Ford Street ka Convertible, 2005/55, Metallic Grey, 34,000mls, alloys, CD, r/lock, fogs, radio stereo.....	£4999
Ford Street ka 1.6 Convertible, 2005, Metallic Green, 36,000mls, leather, alloys, CD, e/windows, fogs.....	£4999

### Honda

Honda CRV 2.0 i-Vtec Premiere Est, 2004/54, Metallic Grey, 67,000mls, leather, CD, r/lock, roof rails.....	£6499
--	-------

### Hyundai

Hyundai Tuscon 2.0 GSI, 2006, Brilliant Black, 56,000mls, air con, alloys, tints, CD, r/lock, tilt wheel.....	£5999
Hyundai Coupe 2.0 SE, 2006, Brilliant Black, 10,000mls, air con alloys, leather, r/locking, CD player.....	£5699
Hyundai Coupe 2.0 ATC, 2006/56, Brilliant Red, 50,000mls, leather, alloys, CD, r/lock, spoilers.....	£5499

### Kia

Kia Sedona 2.9 Crd T Le Automatic, 2003/53, Metallic Silver, 72,000mls, air con, 7 seats, alloys, CD.....	£3999
---	-------

### Lexus

Lexus GS 300 SE-L Auto, 2005/55, Metallic Grey, 65,000mls, climate, sat, nav, cruise, memory heated seats, CD, active parking control, e/roof, alloys, keyless entry, plus loads more.....	£10799
Lexus SC 430 Convertible, 2003, Metallic Grey, 56,000mls, leather, e/roof, sports alloys, tints, PDC wood pack, cruise control.....	£10499

### Mazda

Mazda MX5 Convertible, 2003, Metallic Blue, 55,000mls, leather, CD player, alloys, black hood, r/lock.....	£4499
--	-------

### Mercedes

Mercedes Benz A Class A150 Elegance Se, 2005, Metallic Silver, 45,000mls, air con alloys, CD, r/lock.....	£6299
Mercedes Benz C180 2.0 Coupe Auto, 2002, Metallic Sand, 34,000mls, air con, alloys, CD, r/lock.....	£4999
Mercedes Benz C Class C180K Elegance Se Auto, 2002/52, Metallic Silver, 71,000mls, leather, cruise control, alloys, CD, speed limiter, r/lock, air bags.....	£4499

Mercedes C230 Avantgarde Se Auto, 2007/56, Brilliant Black, 26,000mls, sat nav, cruise control, speed limiter, CD player, alloys, e/windows, e/mirrors, rear head rests.....	£9999
Mercedes C320 SE Coupe 2003/53 Auto, Metallic Blue, 44,000mls, panoramic roof, alloys, air con, sat nav.....	£6899
Mercedes CLK 320 Elegance Auto Convertible, 2002/52, Metallic Silver, 76,000mls, leather, air con, electric roof, alloys, CD player.....	£7499
Mercedes Benz CLK Coupe Auto, 2003/53, Metallic Silver, 32,000mls, leather, alloys, air con, CD player, cruise, speed limiter, PDC, heated seats, memory seats.....	£8299
Mercedes Benz CLK 3.0 280 Avantgarde Convertible, Auto, 2006/56, Cubanite Silver, 89,000mls, leather, sat nav, e/roof, alloys, aluminium pack, r/lock.....	£10999
Mercedes Benz CLK 240 Avantgarde Auto, 2003/53, Metallic Silver, 56,000mls, leather, alloys, r/lock, air con.....	£6999
Mercedes E Class 240, Elegance, Auto, 2003, Brilliant silver, leather, CD, climate, PDC, cruise, r/lock, alloys, rear head restraints.....	£6999
Mercedes E270 CDI Avantgarde Auto 2003/53, Brilliant Black, 56,000mls, climate control, alloys CD player, PDC, rear rests, leather.....	£9699
Mercedes Benz SLK 320 Auto Tip, 2000/W, Metallic Silver, 73,000mls, leather, alloys, electric roof.....	£5499
Mercedes SLK 230 Kompressor 1999, Metallic Silver, 74,000mls, leather, electric roof, CD player, air con.....	£5699
Mercedes SLK 320 Convertible, 2003/53, Brilliant Black, 58,000mls, leather, e/roof, alloys, CD player.....	£7499

### Mitsubishi

Mitsubishi Colt CZC2 Convertible, 2007/57, Brilliant black, 18,000mls, CD, alloys, e/windows, r/lock.....	£5999
Mitsubishi Shogun DD Elegance Auto, 2006, Brilliant Black, 32,000mls, leather, air con, alloys, CD 7 seats, cruise control, PDC, sat nav, tow bar, electric roof.....	£14499
Mitsubishi Shogun Sport, 2.5 Trojan, 2007, Metallic silver, 29,000mls, leather, air, alloys, r/lock.....	£9999

### Nissan

Nissan Almera 1.8 S Auto, 2005, Metallic Blue, 8,000mls only, air con, CD, r/lock, e/windows, fogs.....	£3499
Nissan X Trail, 2.2 SVE DCI Estate, 2005, Metallic Silver, 56,000mls, leather, alloys, r/lock, CD.....	£8899
Nissan Pathfinder 2.5 DCI SE, 2005/55, Metallic Grey, 53,000mls, air con, roof bars, alloys, CD.....	£9999

### Peugeot

Peugeot 206 Station Wagon 1.6 XSI, 2004/54, Metallic Sand, 20,000mls, air con, alloys, CD, r/lock e/windows.....	£3999
Peugeot 206 CC Convertible, 2003, Metallic Silver, 60,000mls, leather, e/roof, alloys, CD, r/lock.....	£3999
Peugeot 206 2.0 CC Convertible, 2002/52, Metallic Silver, 60,000mls, alloys, leather, e/roof, tints.....	£3699
Peugeot 206 1.6 CC Convertible Auto, 2004, Metallic Silver, 52,000mls, leather, electric roof, alloys.....	£4499
Peugeot 307 2.0 Sport Convertible, 2007, Metallic Blue, 36,000mls, leather, alloys, CD, air con, r/lock.....	£7799
Peugeot 307 2.0 SE Cab, 2005, Metallic Silver, 62,000mls, leather, air con, alloys, CD, e/roof, r/lock.....	£5599
Peugeot 307 2.0 Convertible, 2004/54, Metallic Blue, 62,000mls, leather, alloys, tints, e/roof, CD.....	£5299
Peugeot 407 3.0 Coupe 6 Spd, 2005/55, Metallic Silver, leather, air con, h/seats, e/seats, CD, cruise.....	£6499

### Rover

Rover 45 1.4 Club CLS Se, 2004/54, 29,000mls, Metallic Silver, alloys, tints, e/windows, r/lock.....	£2699
Rover 45 1.4 Club 5 Dr Hatchback, 2004/54, Metallic Silver, 47,000mls, radio stereo, r/lock, e/wind.....	£2399
Rover 75 1.8 Connoisseur se, 2004/54, Metallic Red, 46,000mls, leather, air con alloys, CD, r/lock.....	£2999

### Renault

Renault Megane VVT Privilege, 2005, Brilliant black, 47,000mls, leather, alloys, air con, r/lock.....	£3299
Renault Megane 1.6 VVT Dynamique, 2008, Metallic Silver, air con, alloys, e/roof, e/windows.....	£6999
Renault Megane Diesel 1.9 Dynamique, 2006, Metallic Blue, 52,000mls, air con, alloys, CD, e/roof.....	£6499
Renault Megane Convertible, 2007/57, Metallic Black, 22,000mls, air con, CD, e/roof, r/stereo, alloys.....	£6499

### Saab

Saab 9.3 2.0 Vector Convertible, 2004/54, Metallic Blue, 35,000mls, air con, leather, r/lock, electric Roof.....	£7499
Saab 9.5 Vector Sport T 2.0 Auto, 2005/55, Metallic Grey, 32,000mls, climate control, r/lock, alloys rear rests, cup holders, storage pack.....	£5499
Saab 9.3 2.3 T Vector Sport Biofuel, 2007 Parchment Silver, 45,000mls, leather, air con, alloys, CD.....	£7299
Saab 9.3 1.8 T Vector, 2004/54, Metallic Blue, air con, alloys, r/lock, CD, airbags, m/f wheel.....	£5499
Saab 9.3 Sportwagon 2.8T Aero Estate, 2006/56, Brilliant Black, 74,000mls, leather, air con, alloys roof rails, CD player.....	£5299

### Skoda

Skoda Octavia 1.4 80 CL 5 Dr, 2006, Metallic Silver, 3,000mls, air con, r/lock, 1 owner, e/windows.....	£5999
---	-------

### Toyota

Toyota Rav 4 XT3, 5 Dr, 2004, 36,000mls, Metallic Red/Grey, air con, alloys, sunroof, wheel cover.....	£7699
Toyota Rav 4 2.0 VX, 2002, Metallic Blue, 58,000mls, leather, alloys, air con, r/lock, sunroof, roof rails.....	£5299
Toyota Rav 4 2.0 VX 5 Dr, 2003, Metallic Beige/Grey, 47,000mls, leather, alloys, CD, r/lock, tints.....	£5499
Toyota Corolla 1.6 VVTi T Spirit 5 Dr Auto, 2006, Brilliant Red, 42,000mls, air con, alloys, CD, r/lock, sat nav, aluminium pack.....	£6499

### Vauxhall

Vauxhall Corsa 1.4 5dr Design 16v Automatic, 2004, Metallic Blue, 37,000mls, radio stereo, r/lock.....	£3499
Vauxhall Tigra 1.8 Exclusive convertible, 2006/56, brilliant black, 52,000mls, e/roof, air con, aluminium pack.....	£6299
Vauxhall Tigra 1.4 16V Live Air, 2009, Metallic Blue, 10,000mls, cd, r/lock, e/roof, alloys, fog, air bags.....	£7999
Volkswagen	
Volkswagen Beetle 2.0 Auto 2001, Brilliant Red, air con, sunroof, heated mirrors, alloys, r/cass.....	£2999

### Volvo

Volvo S60 2.4 Diesel 163 SE, 2008, Brilliant Black, 53,000mls, leather, air con, alloys, pdc, h/seats, Cruise control, CD player.....	£8999
Volvo S80 2.8 T6 SE Geartronic, 2001/51, 45,000mls, leather, climate, alloys, tints, r/cd player, rear head rests.....	£3699
Volvo C70 Se Geartronic convertible Auto, 2006, Metallic Silver, 33,000mls, leather, e/roof, memory seats, air conditioning, CD player, alloys, ABS, PAS, cruise control.....	£10499
Volvo C70 2.0T Convertible, 2004, Metallic Blue, 22,000mls, leather, air con, e/roof, alloys, cruise.....	£6999
Volvo V70 D5 SE Estate Auto, 2004/54, Metallic Blue, 75,000mls, Climate Control, R/Lock, CD Player, Roof Rails, Folding Seats, Service History.....	£8199

**Wellesbourne Road | Barford | Warwick | CV35 8DS**

**Telephone: 08432 181341 Fax: 01926 624888**

**Email: [countrycar@btconnect.com](mailto:countrycar@btconnect.com) [www.countrycar.co.uk](http://www.countrycar.co.uk)**

**Opening times: Mon - Sat: 9am - 6pm Sun: 11am - 5pm Open over Bank Holiday**



# CAKE Motoring

banburycake.co.uk/cars

## Charmer hides ace up sleeve

Compact, tall, with an abrupt rear end, at first glance Toyota's Verso-S looks an unremarkable car. Combine that initial impression with the knowledge that prices start at about £14,000 and you feel Toyota might have an uphill task selling this concept.

But dig a little deeper and the hidden appeal of this little charmer quickly becomes apparent.

The Japanese carmaker's return to the mini multi-purpose vehicle market successfully delivers exceptional space and flexibility in the most compact of bodies. It might be the smallest competitor in the segment, but smart design has produced a cleverly-laid out interior that verges on compact family hatchback levels of passenger and load space.

That alone might be enough to tempt buyers look to downsize; families making a switch from conventional hatchbacks; empty nesters and older people looking for smaller cars that are easier to get into and easy to drive.

But Toyota has an ace up its

**By David Duffy**

sleeve. Never mind the space and comfort which come as standard, the level of equipment built into the car is extremely impressive.

All models come with a reversing camera, front fog lamps, air conditioning, seven airbags, including a driver's knee airbag, and easy-to-operate, one-touch, flat-folding rear seats. Operating the seats is made easier thanks to extra levers being provided in the boot, and a two-position lightweight deckboard that allows for the adjustment of loadspace depth. They also come with Toyota Touch, a touchscreen system for controlling audio and communications functions, with Bluetooth for hands-free mobile phone use and audio streaming, and a USB port for connecting personal music players.

The system also displays a trip information screen, giving details of journey time, distance and fuel economy, including journey-by-journey comparison records. The test model came in

top-level T Spirit trim, with extra features that include a massive panoramic glass roof with an electrically-operated full-length sunblind, 16-inch alloy wheels, front and rear electric windows and dark-tinted rear privacy glass.

Power comes from a peppery 98 horsepower 1.3-litre petrol engine and the test model also came with a slick seven-speed automatic transmission, which not only makes life at the wheel even easier, but delivers the extra benefits of improved fuel consumption and lower CO<sub>2</sub> emissions.

### Auto facts

**Model:** Toyota Verso-S T-Spirit 1.33 Multidrive S  
**Price:** £16,895  
**Insurance group:** 8E  
**Fuel consumption (Combined):** 54.3mpg  
**Top speed:** 103mph  
**Length:** 399cm/157in  
**Width:** 169.5cm/66.7in  
**Luggage capacity:** 15.1 cu ft  
**Fuel tank capacity:** 9.2 galls/42l  
**CO<sub>2</sub> emissions:** 120g/km  
**Warranty:** 5 years/100,000 miles



**PEACE OF MIND:** Verso-S is covered by a five-year, 100,000-mile warranty

Family  
Business

**LOWER ARNCOTT  
CAR SALES**

Established  
1972

2007	07	BMW 320D AUTO (DIESEL), 4 Door saloon, (New shape) Metallic Dark Grey, 2 local owners, Superb condition throughout, Alloy wheels, PAS, Aircon, Remote central locking, Radio CD, Rear parking sensors, Excellent BMW service history, Sold with a full service and a new MOT, HPI Clear.....	£9495
2003	53	SKODA FABIA COMFORT 1.4 8 VALVE ESTATE, Silver, Local Car, 2 Owners, Full Service History, Approximately 56,000 recorded miles, PAS, Aircon, Electric windows, Electric door mirrors, Radio/CD, Remote central locking, Lovely condition throughout, Sold with a new MOT full service, Vehicle has no cambelt, HPI Clear.....	£3485
2001	51	SUBARU IMPREZA 2.0 TURBO WRX, 5 Door, Silver, Excellent example of this superb car, 4WD, PAS, Aircon, Remote central locking, Electric windows, Alloys, Excellent Subaru service history, Local car, Lovely condition throughout, Tremendous performance, Sold with a new MOT a full service and a new cambelt, HPI Clear.....	Arriving weekend
2006	06	FIAT PUNTO 1.2 ACTIVE 8 VALVE, Black, 3 Door, PAS, including city power steering, Electric windows, Central locking, Radio/CD, 2 Owners (one since 2 months old), Very nice throughout, Sold with a new MOT a full service and a new cambelt, HPI Clear.....	£3295
2003	03	CITROEN C3 EXCLUSIVE 1.6 AUTOMATIC, Dark Green Metallic, 5 Door Local Car, PAS, Electric windows, Central locking, small automatic, nice condition throughout, HPI Clear, sold with a full MOT and a new cambelt.....	£3295
2002	02	VAUXHALL VECTRA 1.8LS ESTATE, Blue, 2 Owners, Excellent service record, PAS, Electric windows, Electric door mirrors, Roof rails, Aircon, Radio/CD, Approximately only 67,000 recorded miles, Remote central locking, Lovely condition, Sold with a new MOT, a full service and a new cambelt, HPI Clear.....	£2550
2003	03	FORD KA COLLECTION 1.3, Silver, PAS, Remote Central Locking, Radio CD, Colour Coded Bumpers, full service history, local car approx 63,000 miles, lovely condition sold with a new MOT and a full service, HPI Clear.....	£2295
1999	V	FORD FOCUS 2.0 GHIA ESTATE, Metallic Dark Red, Exceptional condition for it's year, Alloy wheels, Electric windows, PAS, Radio/CD, Aircon, Remote central locking, Sold with a new MOT a full service and a new cambelt, HPI Clear.....	£2095
2001	Y	RENAULT CLIO 1.4 ALIZE, Dark Blue, 5 Door, Lovely small economical car, Sunroof, Aircon, Radio/CD, Remote central locking, Electric windows, PAS, Sold with a new MOT a full service and a new cambelt, HPI Clear.....	£2095
1998	S	FORD ESCORT 1.8 LX, Red, 5 Door Hatchback, Previously supplied by ourselves, Exceptional condition for it's year, Approximately only 79,000 recorded miles, Excellent service record, PAS, Aircon, Electric windows, Central locking, Radio/CD.....	Arriving weekend
2001	Y	PEUGEOT 206 HDI (DIESEL), 3 Door, Metallic Red, Previously supplied by ourselves, Local car, Lovely condition, Superb economy, PAS, Electric windows, Aircon, Radio CD, Remote central locking, Etc, Road fund licence until June 12, Recent new clutch, Excellent economy, Sold with a new MOT and a full service, HPI Clear.....	Arriving Weekend

**Cars Wanted, Cash Paid**

Licensed Credit Broker, Finance Available, Subject to Status, Written details on request,

**At S & S MOTORS**

63 Ploughley Road, Arncott, Bicester OX25 1NY (3 miles off the A41 from Bicester)

Tel: 01869 253933

**SELL YOUR  
CAR**

ONLY  
**£24.99**  
CARS UNDER £1,000  
**£9.99**

Your advert can appear in 9 newspapers across **Oxfordshire** and **Wiltshire** reaching over **400,000** readers and online to nearly **1 million** potential buyers across the UK.

**BOOKING IS EASY**

Tel: 01865 420420 Online: [oxfordmail.co.uk/advertise](http://oxfordmail.co.uk/advertise)

[oxfordmail.co.uk/advertise](http://oxfordmail.co.uk/advertise) Newsquest Oxfordshire, Osney Mead, Oxford OX2 0EJ

The Oxford Times HERALD KATE Winney Gazette Reader Advertiser Gazette & Herald MAIL Wiltshire Times Swindon Advertiser

## Latest motoring news in brief

■ German car-maker Audi has announced more all-wheel drive versions of its A7 Sportback model. New 3.0-litre TDI quattro 204 horsepower models are available to order now to coincide with a new Standard trim level that will be available exclusively with this engine. As a result, this addition will lower the A7 range entry price to £39,995. The new specification versions deliver all the key features expected of a high-end premium executive car. These include 18-

inch alloy wheels, xenon headlamps with LED daytime running lamps, leather upholstery, colour satnav, Audi drive select adaptive dynamics, powered tailgate operation and light and rain sensors.

■ As part of its mid-summer campaign, Suzuki has announced that buyers won't pay VAT on Alto SZ2 and Swift SZ2 models until the end of September. This means that the Alto SZ2 is available for £6,495 and the Swift SZ2 three-

door for £8,495, representing customer savings of £1,325 and £1,715 respectively.

■ Peugeot has unveiled its new 508 RXH diesel-electric hybrid. Boasting 200 horsepower from its 2.0-litre diesel engine and electric power unit, the 508 RXH is four-wheel drive due to both the car's axles being driven — the electric motor drives the rear wheels. The 508 RXH will be unveiled at the Frankfurt Motor Show in September, and will be on sale in spring 2012.

**TO ADVERTISE CALL 01295 256111**



# Sturdys Castle

## CAR CENTRE

BANBURY ROAD, TACKLEY,  
KIDLINGTON, OXFORD OX5 3EP

NOW OPEN SUNDAYS  
**10am-4pm**

DEDDINGTON A4260 **STURDY'S CASTLE CAR CENTRE** KIDLINGTON OXFORD

# FREE

## Good Reasons

**FREE  
PETROL  
FREE TAX  
FREE  
WARRANTY\***

### DIESEL ESTATES

(07) BMW 520 M SPORT AUTOMATIC ESTATE, BLUE .....	£15,000
(07) VOLVO V70 SE LUX AUTO ESTATE, MET GREY .....	£11,450
(59) RENAULT MEGANE TOM TOM DCI ESTATE, SILVER .....	£10,750
(58) FORD MONDEO 2.0 TDCI 140 BHP EDGE, SILVER .....	£9,100
(09) FORD MONDEO 2.0 EDGE TDCI 140 BHP EST, SILVER .....	£9,000
(08) MAZDA 6 2.0 T/DIESEL TS ESTATE, STORM GREY .....	£8,000
(06) HONDA 2.2i CTDI ACCORD TOURER, MET SILVER .....	£7,500
(08) FORD FOCUS 1.8 TDCI STYLE DIESEL, SILVER .....	£7,400
(08) PEUGEOT 407 2.0 HDI STATION WAGON, SILVER .....	£6,450
(08) VAUXHALL VECTRA 1.9 CDTI 150 BHP ESTATE, GREY .....	£5,495
(07) VAUXHALL ASTRA LIFE 1.3 CDTI ESTATE, WHITE .....	£4,995
(06) SKODA FABIA AMBIENTE 1.9 T/D EST, BLACK .....	£3,995

### DIESEL CARS

(08) MAZDA 6 S 2.0 DIESEL, GREY .....	£9,995
(56) VW PASSAT 2.0 TDI SE DSG AUTO, SILVER .....	£8,695
(07) VW PASSAT 2.0 TDI 140 BHP SE SALOON, GREY .....	£7,995
(58) VAUXHALL CORSA SXI CDTI 5DR, SMOKE SILVER .....	£7,650
(09) PEUGEOT 207 1.6 HDI 5 DOOR HATCHBACK, SILVER, £30/YEAR TAX .....	£7,495
(51) BMW 525 DIESEL SE AUTO, FOREST GREEN .....	£6,495
(08) MAZDA 6 TS D 5DR TD HATCH, MET SILVER .....	£5,450

### MPV'S

(08) TOYOTA COROLLA VERSO 7 SEATS, HAZE BLUE .....	£9,250
(57) VAUXHALL ZAFIRA 1.9 CDTI DESIGN, BLACK .....	£7,500
(57) FORD C-MAX 1.6 TDI ZETEC, BLUE .....	£7,495
(05) RENAULT ESPACE 2.2 DCI EXPRESSION, RIOJA RED .....	£5,695
(57) RENAULT SCENIC 1.6 DYNAMIQUE AUTOMATIC, METALLIC HAZE BLUE .....	£5,495
(06) FORD FOCUS C-MAX 2.0 AUTOMATIC, BLACK .....	£5,000

\*Available on vehicles over £2000.

### PETROL ESTATES + CARS

(59) 2010 VAUXHALL ASTRA 1.4 ACTIVE, MET BLUE .....	£7,495
(59) VAUXHALL CORSA 1.3 <b>SOLD</b> BLACK .....	£7,295
(06) VAUXHALL ASTRA CLUB 1.8 AUTO EST, MET GREY .....	£4,995
(03) FORD FOCUS 1.6 ZETEC 3 DOOR AUTO, BLUE .....	£2,995

### 4 W/DRIVE

(02) NISSAN 2.0 X-TRAIL SPORT, METALLIC BURGUNDY .....	£4,495
--	--------

### CARS UNDER £3000

(03) FORD FOCUS ZETEC 3 DR AUTO, BLUE .....	£2,995
(X) VW BORA 1.9 Tdi SE 130 BHP, BLACK .....	£2,495
(06) SUZUKI ALTO 1.1 GL <b>SOLD</b> IT RED .....	£2,450
(02) RENAULT LAGUNA 1.8 DYNAMIQUE ESTATE, MET BLUE .....	£2,000
(X) FORD FOCUS 1.8 TDCI GHIA EST, MET GREEN .....	£1,095

### WHEELCHAIR ACCESSIBLE VEHICLES

(56) CHRYSLER GRAND VOYAGER T/D AUTOMATIC, BLACK .....	£11,000
(06) CITROEN DISPATCH 1.9 <b>SOLD</b> WHEELCHAIR ACCESSIBLE, BLUE .....	£7,995
(09) FIAT 1.4 DOBLO WHEELCHAIR ACCESSIBLE VEHICLE, ANTHRACITE GREY .....	£7,500
(57) RENAULT KANGOO 1.2 AUTHENTIQUE WHEELCHAIR ACCESSIBLE VEHICLE, SILVER .....	£6,000
(55) RENAULT KANGOO 1.6 AUTO WHEELCHAIR ACCESSIBLE VEHICLE, SILVER .....	£5,495
(06) RENAULT KANGOO 1.6 AUTO EXP, MET BURGUNDY .....	£5,000
(05) RENAULT KANGOO 1.5 DCI DIESEL WHEELCHAIR ACCESSIBLE VEHICLE, FOREST GREEN .....	£5,000



**NOW ONLY  
£7,995**

(09) VAUXHALL  
MERIVA DESIGN  
AUTOMATIC MPV,  
BRIGHT RED



**NOW ONLY  
£12,995**

(10) SEAT EXEO S CR  
TDI TURBO ESTATE,  
RAF BLUE



**NOW ONLY  
£4,995**

(56) FORD FIESTA  
ZETEC CLIMATE  
16V 3DR HATCH,  
TANGO RED

**ALL OUR CARS COME WITH:** 6 months warranty, a full service with 12 months MOT\*  
and all cars HPI checked, Fully valeted. **For your peace-of-mind!**

\*Applies to cars over £2,000



**MOT's available**  
Please call 01869 331200

**Open 7 days a week**  
Mon-Fri 9am-6pm, Sat 9am-5pm,  
Sunday 10am-4pm

**www.sturdys.co.uk**  
**01869 331 441**



At Bridge Vauxhall  
whatever you want...

# WE'VE GOT IT!

Fantastic selection of cars? Incredibly low prices?  
Unbeatable deals? We KNOW what you're looking for in  
a used car deal, and whatever you want, we've got it!



11 Plate Vauxhall  
Corsa 1.2 LE 3dr

Red or White, Delivery Miles, Black Alloy Wheels, Roof & Mirrors, Air Con, CD Player, VXR Body Kit. Was £14650

58 Plate SEAT Alhambra  
2.0TDi Stylance\*



Now Only  
**£12999**

We've Got It!  
**save  
£2000**  
on this car

Silver, 7 Seats, Alloys,  
Air Con, 36,000 miles,  
Was £14999

08 Plate Vauxhall Vectra 1.8  
SRI Estate



Now Only  
**£7999**

We've Got It!  
**save  
£1000**  
on this car

Star Silver, Alloy Wheels,  
Cruise Control, Rear Parking  
Sensors 39,000 miles,  
Was £8999

10 Plate Vauxhall Meriva  
1.4 Club 5dr



Now Only  
**£8699**

We've Got It!  
**save  
£300**  
on this car

Black, Air Con, CD,  
Central Locking,  
15,000 miles, Was £8999

**bridge supersite**  
number one for used cars  
Stratford-upon-Avon

Over 100 cars  
from only **£2500**<sup>^</sup>

Supermarket prices with main dealer peace of mind  
Every car includes: **12 Months Warranty**  
**12 Months MOT • A full Service**

# Bridge

**Banbury**  
Beaumont Road,  
Banbury,  
Oxfordshire OX16 1RH  
Tel: 01295 755 400

**Evesham**  
Greenhill,  
Evesham,  
Worcester WR11 4EX  
Tel: 01386 768 400

**Stratford**  
Birmingham Road,  
Stratford-upon-Avon,  
Warwickshire CV37 0HR  
Tel: 01789 416 900



[www.bridgevauxhall.co.uk](http://www.bridgevauxhall.co.uk)



# MOTORING Index

## SELL YOUR CAR

ONLY  
**£24.99**  
CARS UNDER £1,000  
**£9.99**



Your advert can appear in 9  
newspapers across **Oxfordshire**  
and **Wiltshire** reaching over **400,000**  
readers and online to nearly **1 million**  
potential buyers across the UK.

**VW GOLF 1.4  
LIMITED EDITION**



5 Door Manual,  
Petrol, 70,000  
miles, met black,  
FSH, alloys, CD,  
Ltd ed, Long MOT,  
electric windows,  
central locking  
**01865 420420**

**£6,999**

ACTUAL SIZE  
NB: PRIVATE  
ADVERTISERS ONLY

### SCRAP CARS WANTED

CASH PAID, PROMPT COLLECTION,  
DVLA NOTIFIED, ESTABLISHED 1992,

**AG AUTO SALVAGE**

All cars and vans wanted any age and  
condition with or without MOT

Good cars with MOTS wanted and available

Top Prices Paid

**07976 535957 or 01993 841924**



Finding the  
right car just  
got easier...



Search through thousands of used cars  
quickly and easily to find the right car for you

[banburycake.co.uk/cars](http://banburycake.co.uk/cars)  
now powered by **Exchange and Mart.co.uk**

### M J Recovery Ltd

**ALL SCRAP VEHICLES WANTED**

LICENSED WASTE CARRIER - DVLA NOTIFIED  
FREE COLLECTION

- MOT Failures
- Runners & Non Runners
- Cash Paid for late models (1993 onwards)
- Free Collection and payment upto £300
- Cheap Breakdown Service

**FREEPHONE: 08000 778 328**  
**MOBILE: 07766 540 401**



### Banbury Van and

**Car Hire Ltd**

Southam Road, Banbury  
Oxfordshire OX16 2RR

**01295 256555 07888 747323**



[www.banburyvanandcarhire.co.uk](http://www.banburyvanandcarhire.co.uk)  
[hire@banburyvanandcarhire.co.uk](mailto:hire@banburyvanandcarhire.co.uk)

**CASH PAID  
FOR ALL TYPES  
OF SCRAP  
VEHICLES  
£100 Minimum**

For training  
in accident

safety procedures

**ANY CONDITION**

Registration transferred  
Waste carriers Licence

**FREE 7 Day & Evening Collection**

**07940 909182**

**or 07985 572060**

## BOOKING IS EASY

Telephone: 01865 420420  
Online: [oxfordmail.co.uk/advertise](http://oxfordmail.co.uk/advertise)

Newsquest Oxfordshire,  
Osney Mead, Oxford OX2 0EJ

[oxfordmail.co.uk/advertise](http://oxfordmail.co.uk/advertise)

The Oxford Times **HERALD** **BANBURY CAKE** Witney Gazette  
Gazette & Herald **MAIL** Wiltshire Times  
Swindon Advertiser **Exchange and Mart.co.uk** Bicester Advertiser



## MOTORS

### Motorbikes & Scooters Trade

# CASH PAID

## For all Motorcycles, Scooters and Mopeds

### They may be worth more than you think

Call Alan today on

01296 661777 • 07712 622593

### Fiat

#### FIAT PUNTO HGT ABARTH

2001, 1.8, yellow, 70,000 miles, ABS, climate control, Sat Nav, CD changer, alarm, alloys, 12 months MOT

Tel: 07889 398289

£1100 ono

### Ford

#### FORD FOCUS



Silver, 2002, 1596cc, petrol, air con, alloys, CD, C/RL, manual, leather heated seats

07796 174025

£1,495

#### FORD KA 1.3

3 door hatch, W 2000, Met Green, mot and tax, until August, vgc, clean, e/w, good tyres, 31,000 miles.

cd player with ipod connector.

Tel: 07837855487

£850.

### Honda

#### HONDA ACCORD

Green, 2002, 1997cc, petrol, air con, alarm, alloys, C/RL, sunroof, very good runner, taxed till Jan 12. MOT for 12 months, reasonable offer accepted

01793 616085

£1,450

### Hyundai

#### HYUNDAI COUPE



Red, 1999, 1975cc, Petrol, Air Con, Alarm, Alloys, Radio/CD, C/L, Sunroof, Manual, E/W, 1yr. MOT, 6mths. VEL, Lady Owner, FSH, Very Good Cond.

01225 783204

£1,250

### Jeep

#### JEEP GRAND CHEROKEE



4.0 Limited 5dr Auto, 2001, 107000m, SILVER, 3956Cc Engine, Petrol, Leather trim, Tax Aug 11, MOT Mar 12, Tow bar, S/H, LWB, Very clean silver paint, Automatic

01380 818210

£2265

### Mazda

#### MAZDA MX-5 1.8i CALIFORNIA



2 dr ltd edi 288/300, sunshine yellow, N reg, 90k, petrol, manual, alloys, chrome rollbar, boot luggage rack, radio/CD, tax Nov 11, MOT May 12, ex condition for year, kept covered.

01225 761994 after 4 pm

£1600

### Ford

#### FORD GALAXY

2.3l petrol, W reg, 2000, blue, taxed August 2011, MOT'd February 2012, tow bar, good runner

01793 339865

£900 ono

#### FORD MONDEO



Silver, 2003, 1798cc, petrol, air con, alarm, alloys, CD, C/RL, taxed, MOT, body & mechanics VGC, ring after 5pm

01793 643476

£2,300 ono

#### HONDA ACCORD AUTO

1984 good cond. years mot, 3 months tax. Genuine mileage 41,500

Tel: 01793 511110

£400. ono.

### Isuzu

#### ISUZU TROOPER

SWB turbo D, grey, MOT March 2012, tax Sept 2011, genuine mileage 118,009, electric sunroof, central locking and windows, in excellent condition for year.

01225 755001 or 07976 332730

£1800

### LAND ROVER

#### LAND ROVER FREELANDER



Blue, 2004, 1796cc, Petrol, AirCon, Alloys, CD player, rear parking sensor, 12 months MOT and 6 months Tax

07766 547517

£3,900

### Mercedes

#### MERCEDES 350



SL Auto, Silver Convertible Classic, Petrol, Automatic, Tax/MOT, Good Condition, 1976

£2000

07917 612849

#### FORD ESCORT

Ford Escort. Recent clutch, brakes and timing belt; 11 months MOT, 5 months tax; petrol fuel injection engine starts easily in cold weather; sunroof. Bargain

01235 211910

£475

#### FORD KA

1.3, 03 reg, Silver, MOT 03/12, Taxed, 99,000 miles, average condition

07732620988

£1495 ono

#### FORD MONDEO ZETEC



2003 2L, 5 door hatchback, 53 plate, 200K, blue, Tax Nov, MoT Feb 12, Air Con, excellent condition. Bargain

07511 626336

£850

#### HONDA CIVIC 1.8 VTI



5dr, 1998, manual, petrol, alloys, CD, C/RL, PAS, elec windows, sunroof, MOT June 12, tax January 12. My car last 9 yrs.

07798 915227

£999

### Jaguar

#### JAGUAR S TYPE

3.0 Sport V6, 2002 (51), silver, with full black leather, automatic, 6 cd, fsh, 82,000 miles, tax, MOT (Nov). Private sale. Was £2,595 Reduced to sell quickly

Tel: 07826 538205

£1,995

#### LANDROVER DISCOVERY TDI



Landover Discovery TDI 2495cc, L reg, Blue, 160000 Miles, Deisel, One years MOT. In Very Good Condition, New rear Discs/Pads

077161 62393

£1,850

#### MERCEDES SLK 200K



2dr Tip Auto, 2007, Blue, 1796Cc Engine, Petrol, Automatic, Tax/MOT, Airbag, Alarm, Cruise Control, E/W, ABS, E/M, RC/L, very good condition

07960 869443

£16,499 ono

#### FORD PUMA 1.7

2000 X reg Silver, Petrol, Air Con, Taxed & New Mot, 90,000 miles, FSH

Good Condition

07835 758050

£1,375 ono

#### FORD KA

1.3i 3dr, 2000, Blue, 91,200 miles, 1299Cc Engine, Petrol, Manual, Tax 2012, Mot Feb 2012, economical, reliable

077666 01431

£680

#### FORD TRANSIT



Connect T230 late 05 plate, MoT and taxed, CD player, excellent condition, ply lined

01993 708642

£5,200

### Hyundai

#### HYUNDAI ATOZ



Blue, 1998, 999cc, Automatic, 5 Door Hatchback, Good Condition, Reliable Little Car, 12 Months MOT, Cheap to Run and Insure

01993 709836

£650

#### JAGUAR X300

1995, 73130 Miles, 3.2 L, Tax & Mot 6 motnhs, Dark grey, full white leather interior, all new tyres (Pirelli's)

07521123135

£1200 ono

### Mazda

#### MAZDA 6



2. 0L S Estate, Petrol, Manual, Grey, 2004, FSH, MOT July 2012, AirCon, Alarm, Alloys, Reversing Sensors

01235 530884

£2,200

### MG

#### MG TF



1.6 115 16v 2dr, 2002, FSH, 1589Cc Engine, Petrol, Manual

07812205516

£1995

### Commercial Vehicles

#### FIESTA 35 TDI VAN



Dec 2001. One owner. Ex. Council. P/S. 72000 miles. MOT Dec 11. VGC. Super drive. Radio. No VAT.

01380 818219

£1495 ovno

### Alfa Romeo

#### ALFA ROMEO 156



Silver, 2002, 1598cc, Petrol, Alarm, C/RL. CD player, aircon. Good condition, full service history. Contact Andrew

01993 779594

£1,200

### BMW

#### BMW 3 SERIES



320d touring estate, auto, 65k, grey, full BMW service history, 1year mot & 6months tax 18" unmarked alloys, excellent condition inside and out

07809666354

£11,200

### Citroen

#### CITROEN SAXO



Dec 2001. One owner. Ex. Council. P/S. 72000 miles. MOT Dec 11. VGC. Super drive. Radio. No VAT.

01380 818219

£1495 ovno

### Alfa Romeo

#### ALFA ROMEO 156



Silver, 2002, 1598cc, Petrol, Alarm, C/RL. CD player, aircon. Good condition, full service history. Contact Andrew

01993 779594

£1,200

### BMW

#### BMW 3 SERIES



320d touring estate, auto, 65k, grey, full BMW service history, 1year mot & 6months tax 18" unmarked alloys, excellent condition inside and out

07809666354

£11,200

### Citroen

#### CITROEN SAXO



Dec 2001. One owner. Ex. Council. P/S. 72000 miles. MOT Dec 11. VGC. Super drive. Radio. No VAT.

01380 818219

£1495 ovno

### Alfa Romeo

#### ALFA ROMEO 156



Silver, 2002, 1598cc, Petrol, Alarm, C/RL. CD player, aircon. Good condition, full service history. Contact Andrew

01993 779594

£1,200

### BMW

#### BMW 3 SERIES



320d touring estate, auto, 65k, grey, full BMW service history, 1year mot & 6months tax 18" unmarked alloys, excellent condition inside and out

07809666354

£11,200

### Citroen

#### CITROEN SAXO



Dec 2001. One owner. Ex. Council. P/S. 72000 miles. MOT Dec 11. VGC. Super drive. Radio. No VAT.

01380 818219

£1495 ovno

### Alfa Romeo

#### ALFA ROMEO 156



Silver, 2002, 1598cc, Petrol, Alarm, C/RL. CD player, aircon. Good condition, full service history. Contact Andrew

01993 779594

£1,200

### BMW

#### BMW 3 SERIES



320d touring estate, auto, 65k, grey, full BMW service history, 1year mot & 6months tax 18" unmarked alloys, excellent condition inside and out

07809666354

£11,200

### Citroen

#### CITROEN SAXO



Dec 2001. One owner. Ex. Council. P/S. 72000 miles. MOT Dec 11. VGC. Super drive. Radio. No VAT.

01380 818219

£1495 ovno

### Alfa Romeo

#### ALFA ROMEO 156



Silver, 2002, 1598cc, Petrol, Alarm, C/RL. CD player, aircon. Good condition, full service history. Contact Andrew

01993 779594

£1,200

### BMW

#### BMW 3 SERIES



320d touring estate, auto, 65k, grey, full BMW service history, 1year mot & 6months tax 18" unmarked alloys, excellent condition inside and out

07809666354

£11,200

### Citroen

#### CITROEN SAXO



Dec 2001. One owner. Ex. Council. P/S. 72000 miles. MOT Dec 11. VGC. Super drive. Radio. No VAT.

01380 818219





Way of Life!

# UNBELIEVABLE OFFERS

## Unregistered Swift 1.6 Sport.

Two left finished in Silky Silver metallic paint.  
Save £2000, of list price now £10,995

Total amount of credit £4995.00  
Purchase fee (included in the payments below) £10.00  
Credit facility fee (included in the payments below) £338.00  
Total amount payable £12,361.80  
Initial payment £127.35  
46 monthly payments £127.35  
Final payment £376.35  
Duration of agreement £48 months  
Representative APR £12.6% APR  
Interest rate (fixed) 9.25



## Unregistered Grand Vitara 1.6 SZ3

Choice of colour

Cash price £15,995.00 Deposit £5995.00  
Total amount of credit £9996.00  
Purchase fee (included in the payments below) £10.00  
Credit facility fee (included in the payments below) £338.00  
Total amount payable £17948.00  
Initial payment £195.00 46 monthly payments £195.00  
Final payment £444.00 Duration of agreement £60 months  
Representative APR £7.3% APR  
Interest rate (fixed) 5.97

## A SELECTION OF OUR QUALITY USED CARS

### GRAND VITARA

- 0808 Suzuki Grand Vitara 2.0 X-EC 5Dr Hatchback**  
Grey, 24,182 Miles ..... £11,995
- 0808 Suzuki Grand Vitara 2.0 X-EC**  
Hatchback, Grey, 28,550 Miles..... £11,495

### JIMNY

- 00-X Suzuki Jimny 1.3 JLX 3Door Estate**  
Blue, 38,242 Miles ..... £3,999

### SWIFT

- 1060 Suzuki Swift 1.2 SZ4 S-PACK 3Dr Hatchback**  
Black, 9,203 Miles ..... £11,250
- 1111 Suzuki Swift 1.6 Sport 3Dr Hatchback**  
Silver, 1,700 Miles..... £10,995

- 1060 Suzuki Swift 1.2 SZ3 5Dr Hatchback**  
Grey, 6,210 Miles ..... £9,995

- 1060 Suzuki Swift 1.2 SZ3 5Dr Hatchback**  
Black, 2,880 Miles ..... £9,995

### SX4

- 1010 Suzuki SX4 1.6 DDiS SZ4 5 Door**  
Hatchback, Grey, 11,614 Miles ..... £10,995
- 0606 Suzuki SX4 1.6 GLX 5 Door**  
Hatchback, Grey, 15,500 Miles..... £6,249

### OTHER MAKES

- 0858 Volkswagen Scirocco 2.0 GT 2Dr Coupe**  
Blue, 50,049 Miles ..... £14,495
- 1010 Kia Soul 1.6 CRDi Tempest 5Dr Hatchback**  
Silver, 14,557 Miles ..... £10,895

\* finance example. cash price £9495, deposit/part exchange £1800, total amount of credit £7695, purchase fee £10.00, credit facility fee £338.00, Total amount payable £10989.00, initial payment £149.00, 58 monthly payments £149.00, final payment £398.00 duration of agreement 60 months, representative APR 7.3% APR, interest rate fixed 5.54%

Contact us for more information and a selection of other great deals

**SUZUKI**  
SMALL CAR  
EXPERTS

**This weeks Special Offers.**  
Air conditioning service (all makes) £59.99  
Free collection and delivery within 10 miles.  
All makes servicing.













**Sportif Suzuki**  
Witney Road, Long Hanborough,  
Witney, Oxfordshire OX29 8BJ  
Phone: 01993 883 114  
Website: [www.sportif.suzuki.co.uk](http://www.sportif.suzuki.co.uk)  
Contact us today for a test drive

SX4 model shown is the 1.6 SZ4 M/T available at £12,660 on the road (metallic paint at £399). Swift model shown is the 1.2 SZ4 5 door M/T available at £12,505 on the road (metallic paint at £399).  
Splash model shown is the 1.2 GLS\* available at £10,535 on the road (metallic paint at £399)

SX4 range official fuel consumption figures in mpg (L/100km): urban from 32.5 (8.7) to 35.8 (7.9), extra urban from 50.4 (5.6) to 54.3 (5.2), combined from 42.2 (6.7) to 45.6 (6.2). Official CO<sub>2</sub> emissions from 155g/km to 143g/km. Swift range official fuel consumption figures in mpg (L/100km): urban from 41.5 (6.8) to 46.3 (6.1), extra urban from 57.6 (4.9) to 64.2 (4.4), combined from 50.4 (5.6) to 56.5 (5.0). Official CO<sub>2</sub> emissions from 129g/km to 116g/km. Splash range official fuel consumption figures in mpg (L/100km): urban from 36.2 (7.8) to 51.4 (5.5), extra urban from 57.6 (4.9) to 70.6 (4.0), combined from 47.9 (5.9) to 62.8 (4.5). Official CO<sub>2</sub> emissions from 142g/km to 119g/km.

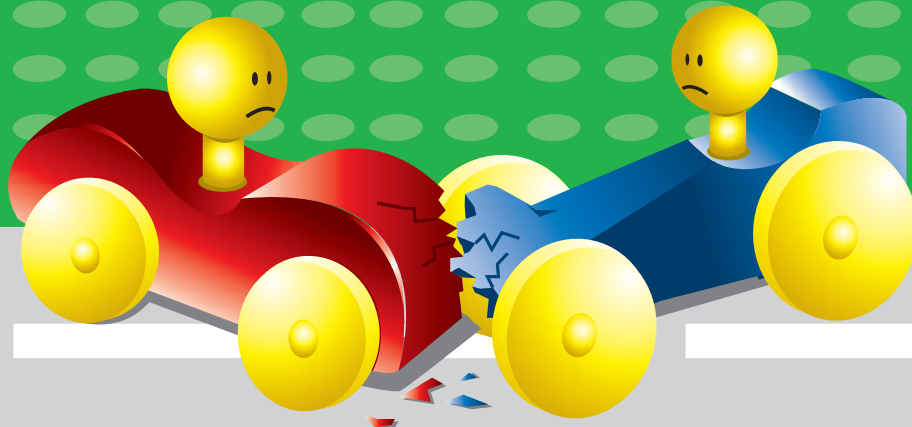


<b>MG</b>  <b>MG ZS</b>  Blue, 2002, 1796cc, Petrol, AirCon, Alarm, Alloy wheels, C/RL, 11 months MOT, 1 month Tax, good condition. Quick sale required.  <b>075119 51297</b>  <b>£750</b>	<b>Peugeot</b>  <b>PEUGEOT 407</b>  September 2006 Peugeot 407 SE Auto, Silver Grey, 2000cc Diesel, M.O.T. & Taxed March 2012, Reversing Sensors, Ex Condition.  <b>01672 562559</b>  <b>£4,800</b>	<b>Renault</b>  <b>RENAULT CLIO DYNAMIQUE 16V</b>  Car for sale due to increasing family size! 2005 Silver petrol 1.2, alloys, cd, aircon, 9m MOT, £3595 OVNO  <b>01865 321748</b>  <b>£3,595</b>	<b>RENAULT MEGANE 2.0L 16V</b>  Yellow, Petrol, S Reg, 65000, lady owner, Alloys, AC, PS, Great condition inside and out, Tax, MOT, Service history  <b>077674 81755</b>  <b>£1,399</b>	<b>Rover</b>  <b>ROVER 45 CLUB</b>  Exceptional bargain. Silver grey, 1 year's MOT, taxed 31.03.12, 24,800 miles, full service history.  <b>01225 762291</b>  <b>£2500 ono</b>	<b>Toyota</b>  <b>TOYOTA MR2 ROADSTER</b>  1.8 VVTi (140bhp), silver, 78k miles, FSH, 12 mths MOT, new hood, metallic paint, ABS, PAS, immobilizer, driver/passenger airbags, e/mirrors/ windows, RCL, CD/cassette/ radio. Exc cond  <b>07850 263881</b>  <b>£2,495</b>	<b>Vauxhall</b>  <b>VAUXHALL ASTRA CLUB</b>  1.6, Y reg, 88,000 miles, dark blue, 5 door, MOT January 2012, taxed October 2011.  <b>01225 755095</b>  <b>£700 ono</b>	<b>VAUXHALL CORSA 1.4 LS</b>  N plate, blue with grey interior, FSH, 1 years MOT. Excellent condition. Based in Frome  <b>07950 912588</b>  <b>£695</b>	<b>Vauxhall</b>  <b>VAUXHALL TIGRA</b>  Blue, 1998, 1389cc, 12 Months MOT Petrol, AirCon, Alarm, Alloys, CD Alpine iPod/Radio History Low Tax Insurance Bargain  <b>07779 933227</b>  <b>£795</b>
<b>Peugeot</b>  <b>PEUGEOT 106 INDEPENDENCE</b>  1997 R Reg, MOT 03. 12, SR, PAS, New clutch, gearbox, radiator, water pump, 2 new tyres, timing belt, call 07980 858772  <b>01367 860303</b>  <b>£795</b>	<b>PEUGEOT 207 SPORT 1.4</b>  2006, Blue Metallic, 45,090 miles only, 3 Door Hatch, Air Con, 16" Alloys, CD Player, FSH and Brand New Mot, Stunning Condition Banbury <b>01295 256014</b> <b>07710 247062</b>  <b>£3,695 ovno</b>	<b>RENAULT CLIO ETOILE</b>  X Reg, 2001, Taxed 3/2011, high spec, SR, PAS, CL, ELW, AC, Air Bags, ABS, vgc, lady owner,  <b>call 07980 858772 or 01993 823933</b>  <b>£1,275</b>	<b>RENAULT MEGANE PRIVILEGE COUPE</b>  Silver, 2001, 1598cc, petrol, air con, alloys, C/RL, sunroof, leather seats, 1 year MOT, 1 month tax, good reliable runner, excellent cond. Reasonable offers considered  <b>07702 914068</b>  <b>£1,750</b>	<b>Saab</b>  <b>SAAB 9 5</b>  2.3t SE 4dr Auto, 1999, Silver, 2290Cc Engine, Petrol, Automatic, Tax/MOT April 2012, Alarm, PAS, CD, E/M, Airbag, Cruise Control, ABS, RC/L E/W  <b>£795</b>  <b>01869 324681</b>	<b>TOYOTA SUPRA</b>  1993, silver non turbo, 18" chrome alloys, 12 mths MoT, lowered suspension, new clutch, owned last 5 years, great fun, looking for a change, genuine car.  <b>Tel 07708739485</b>  <b>£3,250</b>	<b>VAUXHALL ASTRA ESTATE,</b>  1.4i 16V LS 5dr, 2001, SILVER, 1389Cc Engine, Petrol Manual, New Mot, e/w, 95k miles  <b>07934 489307</b>  <b>£1175</b>	<b>VAUXHALL CORSA 1.2</b>  1998 S reg Silver, 5 Door Hatchback, 124,000 miles, Mot till August 2012, Tax till September 2012, Good Condition  <b>07818 044248</b>  <b>£500 ono</b>	<b>VAUXHALL VECTRA</b>  R reg, MoT and tax, alloys wheels JVC CD player, excellent condition, inside and out, very reliable  <b>01993 708642</b>  <b>£650 ono</b>
<b>PEUGEOT 107 MILLESIM</b>  LTD EDITION 2010 '60 3dr manual petrol alloys, a/c, metallic paint, rev counter, e/w, abs, airbags, warranty. Cheap to run, awesome car!!!!  <b>077438 93389</b>  <b>£6,995</b>	<b>Renault</b>  <b>RENAULT CLIO</b>  Blue, 1998, 1390cc, Petrol, C/RL, Sunroof 1. 4RT, 10months MOT, petrol, fair condition, 92, 875 miles, good reliable runner, selling due to move, Didcot based,  <b>078541 86429</b>  <b>£750</b>	<b>RENAULT ESPACE PRIVIRLEGE DCI</b>  Silver, 2001, 2188cc, Diesel, AirCon, Alarm, Alloys, C/RL, Suede and cloth interior, many extras. Good condition.  <b>07792 227300</b>  <b>£2,200</b>	<b>Rover</b>  <b>ROVER 100 1.4 SLI</b>  1998, purple, petrol, 12 months MOT, new battery, 1 previous owner, bodywork and interior VGC, private sale.  <b>01793 812227</b>  <b>£500</b>	<b>SAAB 9-3 VECTOR SPORT</b>  Black, 2006, 1910cc, 150 bhp, Diesel, 6 Speed, Alarm, 17" Alloys, CD, Full Leather, FSH, New Cam Belt/Water Pump, Tax Nov 2011, MOT Mar 2012  <b>01380 721463</b>  <b>£3,650 ono</b>	<b>Vauxhall</b>  <b>VAUXHALL ASTRA</b>  Blue, 2004, 1.6 SXi, Petrol, AirCon, Alloys, C/RL, FSH. 8 Months Mot 2 months Tax. One owner from new.  <b>01865 241998</b>  <b>£1,700</b>	<b>VAUXHALL CALIBRA</b>  2.5e6 97 reg, Mot Jan 2012, Tax July 2011, Leather trim. Very Clean, Reliable suprisngly economic.  <b>07732 620988</b>  <b>£295</b>	<b>VAUXHALL CORSA 1.2 16V GLS</b>  Blue, 2000 X plate, 5 door, sunroof, central locking, electric windows, PAS, history, 1 years MOT. In Frome  <b>07950 167797</b>  <b>£995</b>	<b>Volkswagen</b>  <b>VOLKSWAGEN GOLF 1.4 S 80</b>  5dr [AC] Hatchback, 2007, Very Reliable Car, Full Service History  <b>Tel: 07738 119398 or 07545 348589</b>  <b>£6500 ovno</b>
<b>PEUGEOT 206 1.6 GLX</b>  Blue, 1999 V plate, petrol, air con, C/RL, new cambelt, MOT til June 2012  <b>07950 912588</b>  <b>£795</b>	<b>RENAULT CLIO</b>  2001 tax and MoT, pas, central locking, electric windows, radio/CD player, lady owner, 75k miles, in very good condition, choice of 2 cars  <b>01235 771030 or 07882 274269</b>  <b>£1,475 T</b>	<b>RENAULT MEGANE 1.6 SPORT</b>  R reg, silver, 5 door, MOT June 2012, 5 months tax, electric windows, PAS, electric sunroof, alloy wheels, lots of history, lady owner, nice clean car.  <b>01225 775585</b>  <b>£575</b>  <b>SOMETHING to Sell?</b> Call us NOW on <b>01295 256111</b>	<b>ROVER 218</b>  SD Turbo 1994, 5 door hatchback, manual, 34,500 miles, excellent condition all round, colour blue/grey, 1 years MOT  <b>01225 766395 / 07910 726694</b>  <b>£950 ovno</b>	<b>Suzuki</b>  <b>SUZUKI ALTO 1.1 GL</b>  5dr, 2003 Blue, Sept 53 only 21,000 miles, one careful owner, excellent condition, full service record, MoT and tax, Petrol, Manual, CD, E/W, ABS, Airbag, C/L, PAS  <b>01993 704148</b>  <b>£1,500</b>	<b>VAUXHALL ASTRA</b>  Silver, Estate, 2001, 1995cc, Turbo Diesel, Air Con, CD Changer, C/RL, Parking Sensors, T/Bar, Electric Windows, Taxed and MOT, Drives Well, Up to 55 MPG.  <b>01793 531831</b>  <b>£1,100</b>	<b>VAUXHALL CORSA</b>  Silver, 2003, 998cc, Petrol, AirCon, Alloys, CD, C/RL, 12 months MOT, FSH  <b>01491 652469</b>  <b>£1,550</b>	<b>VAUXHALL CORSA 1.2 MERIT</b>  1995, 5 door hatchback, in white, manual gearbox, in good condition, MOT June 2012, ideal first car or runaround  <b>07787 401076</b>  <b>£495</b>	<b>VOLKSWAGEN PASSAT</b>  2.0 S 130 4dr, 2002, Black, 1984cc, Petrol, Manual, 115,000m, Tax/MOT, fsh, excellent condition, ABS, Airbag, RC/L, E/W, C/L, Alarm, CD, E/M, PAS  <b>01869 321874</b>  <b>£885</b>



## MOTORS

## COME TO A STOP?



FOR THE BEST DEALS, ON WHEELS SEE YOUR LOCAL



More readers than any other local paper

To advertise or for further details call 01295 256111

## VOLKSWAGEN

## VOLKSWAGEN POLO



Red, 2000, 1400cc, Petrol, good condition inside and out.

07964 426041

£999

## Volvo

## VOLVO



V40 Estate. 1999. V Reg. Silver, 1800cc. Petrol. Manual. Tax Nov 11. MOT Nov 11. E/W. C/L. Alloys. Mileage 147+. C/D player. P/X Welcome. A/C. A/Bags.

01380 722717  
07770 228584

£895

## Caravans &amp; Motorhomes

## BAILEY SENATOR 5000

5 berth caravan, good condition for age. Great for family holiday. Trowbridge

01225 760641 or  
07976939043

£950 ono

## 2ND HOME BY THE SEA



Static Holiday Home Situated on 5\* Park With stunning sea views. 12ft wide with 3 b/rooms Award winning park With bars, restaurants, Ent, in/Outdoor pools. Quick sale Needed. Bargain

07738 241859

£18,500 ono

## Motors Wanted



07963 777762



Tel: 01869 347842  
Mob: 07966 176990

## VOLKSWAGEN POLO 1.9 CL SDI

Classic Diesel, T Reg, FSH, Recent cam belt, fuel pump & tyres, Very reliable 45+ mpg, 4dr, 1999, blue, 1896cc, Manual

01380 850598  
07787 353429

£795

## FLEETWOOD COLCHESTER

1300/2 2 berth, 1990, Fitted with Carver Motor Mover.

Good for year. Only one owner, plus full awning and porch awning

Tel 01235 521368

£1.325

## BESSACARR CAMEO 470/2

1992

16ft 2 Berth, 4 Wheel Caravan with Shower & Cassette Toilet, Blow Heater, Calor Gas Oven & Hob

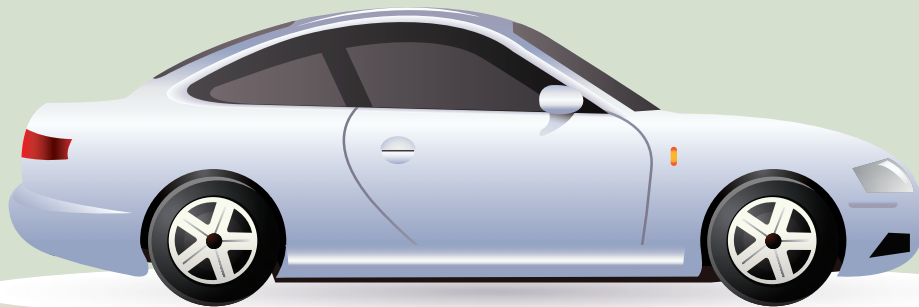
Good Condition

07748 851308  
07786 696184

£850 ono

# SELL YOUR CAR

Your advert can appear in 9 newspapers across **Oxfordshire** and **Wiltshire** reaching over **400,000** readers and online to nearly **1 million** potential buyers across the UK.



ONLY  
**£24.99**  
CARS UNDER £1,000  
**£9.99**

EXAMPLE OF ADVERT

## VW GOLF 1.4 LIMITED EDITION



5 Door Manual, Petrol, 70,000 miles, met black, FSH, alloys, CD, Ltd ed, Long MOT, electric windows, central locking

01865 420420

**£6,999**

## BOOKING IS EASY

Telephone: 01865 420420 Online: [oxfordmail.co.uk/advertise](http://oxfordmail.co.uk/advertise)

Newsquest Oxfordshire, Osney Mead, Oxford OX2 0EJ

[oxfordmail.co.uk/advertise](http://oxfordmail.co.uk/advertise)

NB: PRIVATE ADVERTISERS ONLY



# Are you Gymophobic?

According to the Fitness Industry Association (FIA) only 12% of the UK adult population use a gym! Despite the enormous



publicity given to persuading us to exercise more, the fact remains that most of us don't like gyms. In other words, most people are Gymophobic!

What is it that makes someone Gymophobic? We asked 200 women what it is that they dislike about using a conventional gym. 73% said

that they found gyms intimidating. 69% said that they did not want to exercise alongside men and a further 39% said that they found most gyms to be full of young, slim, shapely girls who made them feel old and fat! 88% complained at lack of attention and advice~

from Gym Instructors and 55% said that gyms were too time consuming. 61% said that gyms were expensive. 77% of women said that they did not feel fit enough to go to a gym and 49% said that they were too old!

## Gymphobics

But things are very different at Gymphobics! Unlike conventional gyms, Gymphobics is not intimidating. There are no men on the all-ladies circuits and Gymphobics attracts thousands of women of all ages and all shapes and sizes. Members receive individual VIP attention from friendly, mature Instructors and the 30 minute workout means that almost everybody can find the time to attend. Unlike conventional gyms the Gymphobic programme is not demanding and requires no prior level of fitness. Even someone who has never exercised will find Gymphobics easy and fun.

Results are excellent! Most women lose a dress size in the first few weeks and go on to achieve a lovely figure. Gymphobics is fun and friendly which means that drop out rates are much lower than conventional gyms. People actually talk to each other at Gymphobics and there is a great social atmosphere which is enhanced by the varied social calendar, coffee mornings, charity occasions, etc. More than 70% of members renew their membership each year – more than twice the national average.



With memberships from as little as £1 per day for unlimited use, this is certainly a membership to suit everyone's pocket.

To find out more call your nearest Gymphobics Centre.

## It's hard to resist

Compared to weight training and hydraulic machines, 'air resistance' is much more user friendly.

Resistance exercise is the best way to tone up and burn fat, but not all resistance equipment is the same. There are various ways to perform resistance exercise. The commonest form is known as 'weight training' or 'Isotonic' exercise (ISO = same/tonic = tension).

It is fair to say that women think of weight training as a masculine activity. They associate weight training with body building, and assume that it will build muscles! For a female slimmer, that's the last thing that they want to do!

Weight training first became popular with body builders and circus strongmen in the 1800's. Most conventional gyms still use this method which involves using free weights (barbells or dumbbells), or weight training machines. At Gymphobics we use our unique air resistance machines.

Another form of resistance training involves using 'hydraulic' machines and these are used in many ladies 'circuit gyms'. But hydraulic machines unnaturally 'work' the muscles in both directions making exercise much harder. In normal activity, we either push or pull, but with hydraulic machines you must do both!

Another negative feature with hydraulic machines is that they deliver 'accommodating' resistance. This means the harder one tries to work (by pushing or pulling with greater force), the more resistance is met! The downside of this is that when you use hydraulics, exercise never gets any easier!

Here at Gymphobics there are no weight training or hydraulic machines on our circuit. 'Air resistance' machines are a much more pleasant option for delivering resistance without the risk of building unwanted muscle. Exercising on our air machines is so easy it has been described as 'pushing or pulling against a cushion of air'.

Each air machine is designed to exercise a different body part. The machines are designed to tighten and tone the body but not to build muscles and are smooth and easy to use, and they also eliminate the danger of over training and muscle strain. Unlike hydraulic machines, air machines model normal activity. The muscle shortens and contracts (concentrically), then lengthens and relaxes (eccentrically) and the resistance level on each air machine can be pre set to reflect the member's capability.





## 7 DAY FREE TRIAL

**Many women find gyms and health clubs intimidating,** that is why Gymphobics has a totally new approach to figure shaping and weight loss and won't give you a phobia.

**You will love the unique ladies only 30 minute workout** which uses air driven equipment that is especially designed to make figure improvement fun and easier than you ever thought possible.

**Don't worry what age you are, or how unfit or out of shape you are** as each programme is tailored to suit your age and your needs.

**But most of all you will love the results.**

**Inch loss, weight loss, feeling great, whatever your body needs you will see the results in weeks rather than months.**



**Come and try us out for 7 days then if you decide to join receive 1 MONTH FREE**

**Why you'll love GYMPOHOBICS?**

- ✓ Fantastic inch loss and weight loss
- ✓ Ladies only - all ages
- ✓ 30 minute sessions
- ✓ Friendly and social environment
- ✓ Attentive and supportive female staff
- ✓ A workout that is easy and fun
- ✓ No mirrors, no lycra, no loud music
- ✓ Great price - from less than £1 a day
- ✓ Appointment system so no waiting
- ✓ Complimentary tea and coffee
- ✓ Free dietary advice



**Fast Results**

- "I've lost 2 stone 4lbs and 28 inches, Gone from a size 18 to a size 12!!!  
Sonia - member 13607
- "I wish I had done this years ago! it has been really good for my asthma too! Everyone should do this!"  
Sue - member 24642
- "Achieved my goal. Able to get into the dress I got married in 10 years ago in time for our celebratory cruise. Tears of Joy!"  
Wendy - member 12461
- "Lost 33 inches. Feel like me again, wearing cloths not worn for 4 years. Thanks for all the support!"  
Sally - member 12499



2A Bridge Street, Banbury,  
OX16 5PH

**01295 255532**

[www.gymphobics-banbury.co.uk](http://www.gymphobics-banbury.co.uk)

**CALL TODAY TO BOOK YOUR FREE PERSONAL TOUR**

## 7 DAY FREE TRIAL

**BRING IN THIS VOUCHER\***

\*Offer ends 28th August 2011. Terms and conditions apply (monthly contracts only)